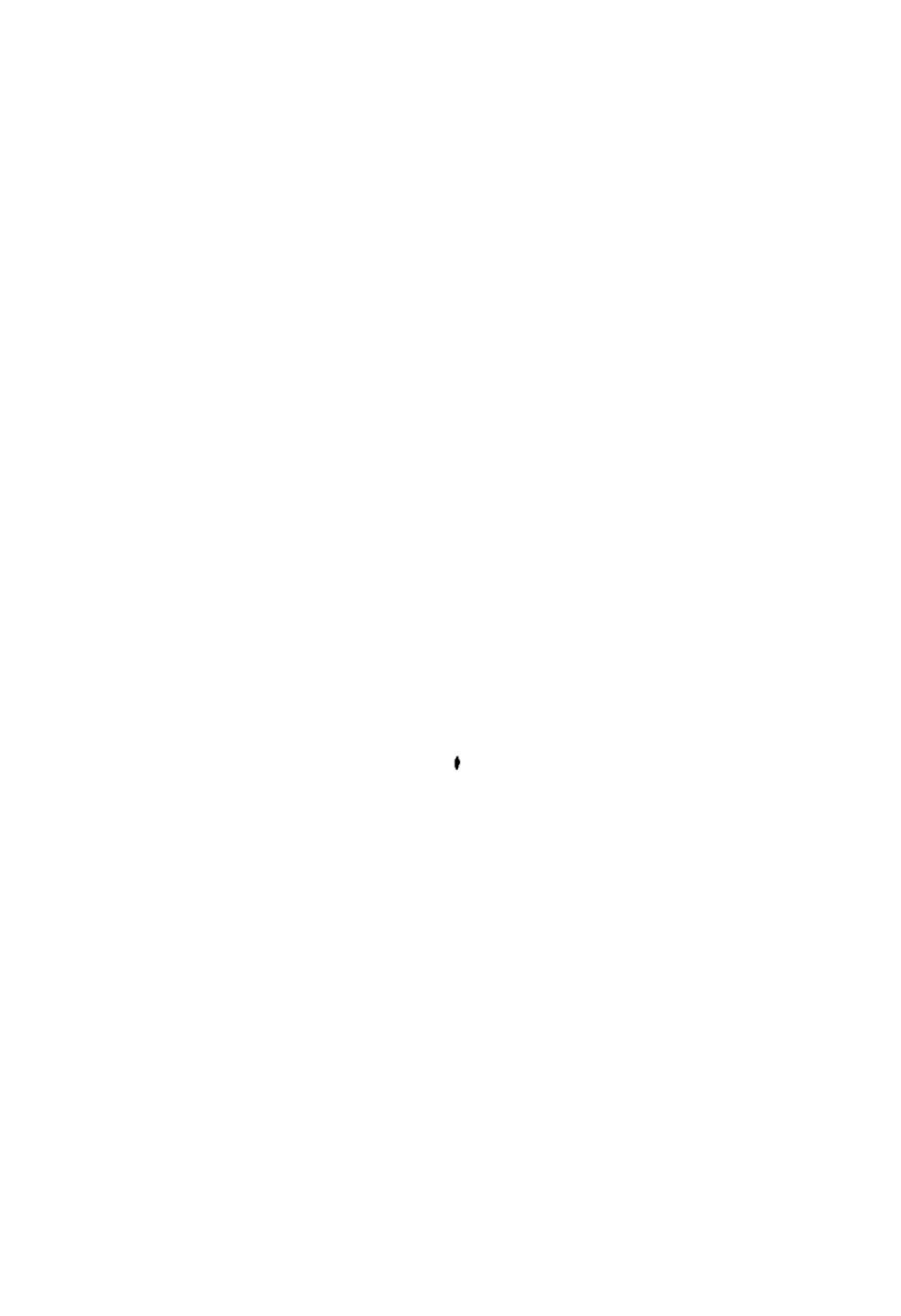




EOS 202



# **Anthology of Puddings**

**BY**

**IRENE VEAL**

**JOHN GIFFORD LIMITED,  
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This book is for  
CHRISTINA FOYLE, who caused it to be  
published, GORDON STOWELL, who is  
Editor of the *Radio Times*, my MOTHER,  
who taught me how to make puddings,  
JIM, who likes a stodgy pudding, and  
ALL THE KIND AND CHARMING PEOPLE  
WHO SUPPLIED MANY OF THE RECIPES.

# ANTHOLOGY OF PUDDINGS

## PREFACE

The Pudding, with its almost endless possibilities, helps greatly to solve the problem of supplying appetizing fare during wartime, and after.

With this fact in mind, Mr. Gordon Stowell, Editor of the *Radio Times*, bade me to arrange a Pudding Competition; the three winning recipes to conform to all the rules of rationing, yet at the same time to be both interesting and tasty. The three recipes finally chosen, and a fourth, so good that its sender received a special prize, appear in this book, which itself arose out of the Competition.

Many of the recipes which it contains have been given by people who are known the world over; other recipes come from leading hotels and restaurants, and the remainder from my own private collection of recipes.

Most of the recipes in this book are planned to meet the necessities and restrictions of wartime cooking, but can later be adapted to increasing post-war supplies. A few only are suitable for post-war and full peace-time conditions.

May I hope that the recipes in this anthology of puddings will be helpful to a very large number of people.

IRENE VEAL.

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## ANTHOLOGY OF PUDDINGS

### PART I

The Pudding, like Topsy, seems to have 'just growed.' There appears to be no definite date when this staple, and extremely British, article of food first featured on the menu. There is some evidence, however, that bowls were used for boiling food in the Neolithic Age, and that these bowls were made with an everted lip, so as to allow for suspension over a fire.

Thus the pudding may, or may not, have started.

The dictionary tells me that 'Pudding' is a term of wide application for a dish consisting of boiled flour enclosing meat, vegetables or fruit; or made of batter, rice or sago. But, like the original of its objective, the word 'pudding' has no definite root. It, too, appears simply to have 'growed,' and to have been spelt in various ways. In the 13th century England it was called a 'Poding,' and a little later, 'Podding,' 'Poodyng,' 'Puddingh,' and 'Poodynge.' The French described it as 'Boudin,' Italians as 'Boldone,' and the Germans of those days a 'Pudde-wurst.' The vulgar term appears invariably to have been 'Pudden.' The Latin 'Botulus' (sausage) may possibly have been the parent of the lot, but, I am told, does not establish a definite root.

However, root or no root, a pudding filled with finely diced root vegetables, flavoured with meat extract, encased in a light suet crust and boiled for at least 2 hours, is extremely good. If you cannot get suet, use

instead grated raw potato and a few shavings of margarine or cooking fat.

Incidentally, in Scotland, a pudding means *also* the entrails of a pig, or other animal, stuffed with meat, minced, flavoured and mixed with oatmeal and then boiled. In other words, the Haggis. But, as the Haggis is said to be of Roman origin, and brought first to England at the time of the Roman Conquest, does this peculiar luxury belong to Scotland after all?

The question then arises, would Burns, if he had known the possibly Roman origin of his so-called national dish, still have addressed the Haggis as 'Fair fa' your honest sonsie face, Great Chieftain o' the Puddin' race'?



Perhaps not. In any case, we will not further discuss this subject, lest my Scottish readers should be too perturbed.

Haggis apart, the first puddings were probably boiled in cotton or linen bags, although the Christmas pudding was, for some centuries, a kind of plum porridge, made probably of wheaten flour and grain, with the addition of spices, fruit and cream. The first plum pudding, as such, appeared about 1675-80, when the wheat, fruit and spices were gathered into a bag and boiled; but 'plum porridge' was served as late as the end of the 18th century.

Some puddings of medieval times were, however, quite modern in construction, though whether they were cooked so well as most puddings are today is another matter. Cooking in those days left much to be desired. Incidentally a good cook was then described as a

pudding-wife or pudding-wright and the stomach as a pudding-house !

Here is a recipe of the mid-16th century for a light pudding. 'Take crumes of bread, yolks of egges and cowes milke, wyth saffron, seeth them together a lytle, as if to make a puddinge.'

A pudding recipe at the end of the same century refers to 'A pudding made of milke, cheese and herbs'—which sounds like the beginning of a wartime savoury pudding, but without the breadcrumbs, potato, carrot or what-have-you.

Cooks of the 17th century were told that 'It is usual to mix a pudding with flour, eggs, milke, raisins and sometimes both spice and suet, the fat or marrow of meat and several other things,' and that 'Our English pudding is a happy medley of all the good things in the grocer's shop.'

The famous Mrs. Glasse warned her readers to wash the pudding bag or cloth, so that it should be very clean, and for puddings baked in wooden bowls or china dishes, the inside of the latter needed buttering before the mixture be put in.

In the early 18th century carrot pudding was an accepted item of the menu. So the wonderful culinary feats of the adaptable carrot in this war are not so very new after all !

Puddings were very popular in the 15th century, with pies and tarts running close. Possibly the latter owed their popularity to the Italian cooks, so fashionable then in France and later in England.

Two dishes also popular then may have had some influence upon the Christmas pudding. The first is a

dish called Leche or Leeche, which consisted chiefly of a stiff kind of custard made of eggs, cream and wine, flavoured rather strongly with spices; the second, a mixture of meat, fish, milk and almonds. In any case, they demonstrate the strength of the digestive organs of those days, if nothing more!

Just over 100 years later, potatoes were used to make pastry, which again demonstrates that potato pastry, one of our pet wartime 'discoveries,' is not so new either. In those early days, however, the potatoes were mashed and sifted with wine and eggs!

Perhaps in a few centuries hence the people of that day will exclaim gleefully at the odd dishes which we ate in the 20th century. Perhaps they, too, will have a tremendous war, which will make careful cooking prized above rubies, as it is today.

Who knows!

Meanwhile, I hope this book will help to lighten the lot of modern pudding-wives or pudding-wrights, and to the satisfaction of the pudding-houses of their families, both now and in the difficult post-war days ahead. For such is its intention.



## PART II

Since the '*Radio Times*' *Pudding Competition* inspired the idea for this book, recipes contributed by the various personalities connected with this Journal and with Broadcasting generally take pride of place next to its young and very pretty publisher,

MISS CHRISTINA FOYLE.

Here then, to head the collection of favourite pudding recipes from many well-known people, is her favourite

*WARTIME PUDDING.*

The ingredients include  $\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  lb. lard and margarine mixed (or either),  $\frac{1}{4}$  lb. sugar, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon vanilla, a little nutmeg, pinch of salt,  $\frac{1}{4}$  lb. cleaned dry fruit, 1 egg.

Thoroughly mix fat with flour as for pastry. Add sugar and other ingredients. Beat up egg very well with a little hot water. Moisten the mixture with it to a dough. Grease and flour a flat baking tin. Sprinkle granulated sugar on top of mixture and bake in a moderate oven for half an hour.

This pudding is also very good steamed, in which case substitute suet for the lard or margarine. Steam for 2 hours and serve with white sauce or boiled custard. In peace-time Miss Foyle's favourite pudding is Lemon Sponge, but the ingredients for this are at present unobtainable.

COMMANDER GOLDSMITH, GENERAL MANAGER,  
B.B.C. PUBLICATIONS,

said, when I asked for the recipe of his favourite pudding, "I must reply like George Washington, 'I

cannot tell a lie'—I hate puddings. All I want at the end of a meal is a cup of black coffee with its ration of sugar and my neighbour's."

This remark inspired me to seek a really good recipe for Coffee Pudding, and

**MARSHALL'S SCHOOL OF COOKERY,  
32 MORTIMER STREET,**

accordingly allowed me to publish one of theirs. It is very good indeed, and I think that even Commander Goldsmith would enjoy it. Here is the recipe for

***MARSHALL'S COFFEE PUDDING.***

Put 1 oz. margarine into a basin with  $\frac{1}{2}$  lb. lard and beat to a cream; add 2 oz. sugar and beat again. Take 6 oz. flour and work this in a little at a time, alternately with 2 eggs and  $\frac{1}{2}$  pint strong coffee. Add a few drops vanilla essence and a teaspoon baking powder. Put into a greased mould or basin and steam for  $1\frac{1}{2}$  hours. Serve with hot coffee sauce. Dried eggs soaked in milk may be used. The Coffee Sauce is made as follows.

Put a large tablespoon of freshly ground coffee into a piece of muslin, tie up tightly, put it into a stewpan, pour over  $\frac{1}{2}$  pint boiling water, stand pan on the fire and simmer the contents for 5 minutes. Then take out the coffee and add a dessertspoon of cornflour, previously blended with a little cold water. Stir till boiling, simmer 2 or 3 minutes, then draw pan back from fire and add 2 tablespoons sugar and use. Three tablespoons of Marshall's Maraschino Syrup is, of course, better than the sugar.

These two following puddings from Marshall's School of Cookery are so good that I must digress for a moment and include them among these "personality recipes." The first is for

### *BREAD PUDDING WITHOUT FAT*

and is as follows. Put  $\frac{1}{2}$  lb. scraps of bread into a basin and cover with cold water. When well soaked, squeeze as dry as possible and beat them smooth; mix in a little spice and 1 tablespoon of tapioca that has also been well soaked; add 2 large tablespoons of any kind of jam, preferably without stones, and put the mixture into a greased piedish. Pour over 1 pint custard made with powder or eggs, and bake for about  $1\frac{1}{2}$  hours in a fairly hot oven until nicely browned. Serve hot or cold.

The second of these twain is called

### *BARTON PUDDING,*

and to make it take 8 oz. flour, 4 oz. chopped suet, 3 tablespoons golden syrup, a level teaspoon carbonate of soda, 1 teaspoon ground ginger and a good  $\frac{1}{2}$  pint milk. Mix all the dry ingredients together thoroughly, add the milk, dissolve the soda in a little more milk sufficient to make it fairly soft, mix up together, and three parts fill a greased mould with the mixture. Steam for  $2\frac{1}{2}$  to 3 hours and serve with a little hot golden syrup poured round as a sauce.

Before continuing with more *Radio Times* recipes, I must quote a message which I received from that wise and prominent expert upon all matters connected with food and cooking,

M. ANDRE SIMON,  
PRESIDENT OF THE WINE AND FOOD SOCIETY.

When I asked for the recipe of his favourite pudding, he wrote: "Although you do not realise it, I am sure, the question which you are asking is one which it is quite impossible for me to answer. You might as well ask me which is the wine I like best, or whether I love my sons more or less than my daughters. They are all my children. A sweet which is delicious one day in certain company, or with a certain wine which just suits it, is not nearly so good another day under different conditions. I have no favourites. I love them all that are good and in the right place."

MR. GORDON STOWELL,  
EDITOR OF "THE RADIO TIMES,"

answered my request for a recipe in an equally individual way. He wrote as follows.

"I'm still a little perturbed about your request for favourite recipes. I have so many sweet favourites that it is difficult to think of one. In any case, my real tastes in each are based on the soundest vulgar masculine principle. I like best a plain common-or-garden steak and kidney pudding, made to any good old household recipe, and a plain common-or-garden boiled apple pudding with suet crust. The only conditions are that they must be whacking great ones, cooked in the largest possible basins, and that they must be made by my wife. Will this perfectly sincere expression of opinion do in lieu of recipes, or shall I search closely in the cookery book that I started when I was first married, in which I entered for the benefit of my wife all my favourite recipes from my mother's

cookery book? This would include the pudding I invariably asked for on my birthday (called Six Cup), though I doubt if I could face that nowadays."

Mr. Stowell then gave the recipe for

*SIX CUP PUDDING,*

and here it is. The ingredients include 1 teacup flour, 1 teacup breadcrumbs, 1 teacup nearly full of sugar, 1 teacup raisins, 2 oz. margarine, 1 teacup nearly full of milk.

Mix dry ingredients, then add milk. Steam in greased basin for 2 hours. Serve with sweet white sauce.

(Note.—"The margarine is really the sixth cup, but it makes such a mess of the cup!"

MR. M. A. C. GORHAM,

NORTH AMERICAN SERVICE DIRECTOR,  
BRITISH BROADCASTING CORPORATION,

gave me a quite new slant on

*BREAD AND BUTTER PUDDINGS.*

He replied that, although he had not eaten puddings for years, he knows that the ordinary bread and butter pudding is vastly improved by the addition of Irish whiskey. I adapted this suggestion by adding a tablespoon of cooking sherry to a bread and butter pudding, and the result was certainly very good indeed.

MR. RALPH JUDSON,

ADVERTISEMENT DIRECTOR OF B.B.C. PUBLICATIONS,  
favours the

*CREPE SUZETTE,*

which is prepared as follows. Take whatever ingredients are required to produce a number of very

thin pancakes (which would be 2 eggs, 4 oz. flour and a bare  $\frac{1}{2}$  pint milk). Prepare this mixture half an hour before the pancakes are to be served. Fry the pancakes with butter, allowing only a very small amount of batter to each pancake, and making them separately and wafer thin, then pour over them some Kirsch, light it with a match, and as soon as the Kirsch is burnt away the pancakes are ready to be served, piping hot, straight from the pan on to the plates.

Mr. Judson remarked that he never fails to offer this dish to his friends when he had the privilege of lunching them in town. The best Crepe Suzette was served at the old Kettner's Restaurant.

I think that Mr. Judson's recipe must definitely be reserved for the post-war period. I know how good it is because Mr. Judson introduced me to this dish at the said Kettner's Restaurant.

From RALPH HILL,  
MUSIC EDITOR OF "THE RADIO TIMES,"

came this characteristic response to my request for pudding recipes. I will quote his reply.

"You asked me to give you two recipes for wartime puddings which I consider my favourites. At first your request to a music critic might seem strange, but between the art of criticism and the art of cookery there is one thing in common: to be a music critic it is not necessary, nor even desirable, to be a composer; to be a judge of good cooking it is not necessary to be a cook.

"The proof of the pudding is in its eating; the proof of a piano concerto is in its hearing. Although I could

invent a subject for a fugue and work it out, it is doubtful if you would care to listen to the result. But if I were to mix a pudding, there is *no doubt* that you would be unable to eat it.

“Having established my excellence as a critic but my inability as a creator, I will now tell you that I am fortunate in possessing a wife who, although largely uninterested in the technique of *my* profession, is a superb cook with an unrivalled knowledge of the technique of English cooking. It is to her that I am indebted for the following recipes, which have passed every test of my fastidious palate.”

Here are the recipes, the first being for

### ***STEAMED JAM PUDDING.***

Take 1 egg, 2 tablespoons flour (sieved), 2 oz. butter or margarine, 1 level tablespoon sugar, 1 level tablespoon jam, or stewed fruit can be used.

Beat butter and sugar, add well-beaten egg, flour to be added gradually. Grease basin, putting jam in the bottom, then pudding mixture. Tie down and steam for  $1\frac{1}{2}$  hours.

The second recipe from Mr. Ralph Hill is for

### ***SAVOURY SUET ROLL***

and is as follows. Make a suet pastry as for boiled steak and kidney pudding. Chop fairly finely one or two rashers of streaky bacon, or a little cold ham, veal or kidney, 1 mushroom if you have it, a good teaspoon of mixed herbs, salt and pepper to taste. Mix the whole together, form a roll, cover with greaseproof paper and cloth, and boil for  $1\frac{1}{2}$  to 2 hours. If short

of suet add a little dripping or margarine. Actually any left-overs can be used in this. Quantity of flour according to number of people.

Mr. Hill adds, "You will note that there are no quantities for the ingredients for this suet roll. This recipe being, I understand, entirely original, the cook is able to use her invention according to her (or her husband's) taste and to the dictates of a wartime larder."

The Sub-Editorial Room of the *Radio Times* responded nobly with recipes. Miss Mary Wynne, who collected the favourite recipes from her colleagues, remarked that "We (the sub-eds) feel flattered that you should wish to represent our tummies in the proposed pudding book. The recipes are as follows."

#### MISS MARY WYNNE

herself enjoys Baked Suet Pudding, which she calls  
*RIB-STICKER*.

The recipe for this substantial pudding is as follows:

$\frac{3}{4}$  lb. flour, 4 oz. suet, 4 oz. sugar, 4 oz. stoned raisins, 4 oz. currants, 1 teaspoon baking powder, 1 gill milk, 1 egg (which can be omitted).

Mix dry ingredients, break egg into the milk and mix all together. Put into a greased piedish and bake for about three-quarters of an hour in a medium-hot oven. Cut it out of the dish and serve with a sprinkle of white sugar on top. This burns easily, and if it browns before it is cooked through, cover over with a piece of greaseproof paper. Miss Wynne adds that she has made this pudding with very little fruit and no eggs, and it is still good.

MR. TRISTRAM, PROGRAMME EDITOR,  
chooses *STRAWBERRY BATTER* as his  
favourite pudding.

The ingredients for this include 1 oz. sugar, 4 oz. flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon baking powder, 2 eggs, milk, 2 or 3 tablespoons strawberry jam.

Beat eggs and stir in flour, salt, baking powder and sugar. Add enough milk to make the batter a Yorkshire pudding consistency, and stir in the jam. Pour into well-greased shallow tin and bake in a very hot oven for 25 minutes.

MR. BLAND, SUB-EDITOR,  
favours a *STEAMED PUDDING* with suet  
crust.

Apparently any kind of pudding would do, and if I may suggest it, an excellent filling is made with previously soaked and squeezed apple rings, some fine white breadcrumbs, a little sugar and ginger, and as much margarine as it is possible to spare, borrow, or steal !

MR. SLATTER, also a SUB-EDITOR,  
enjoys a *LEMON SPONGE*,

6 oz. flour, 3 oz. margarine, 4 oz. white sugar, 1 egg, 1 teaspoon baking powder,  $\frac{1}{2}$  pint milk, grated lemon rind and lemon juice to flavour. In war-time use lemon essence of the finest quality.

Cream butter and sugar, add the egg, and beat. Add the dry ingredients and mix smoothly with the milk. Steam for 1½ hours, turn out and serve with lemon sauce. Either lemon essence or grated lemon rind should be added just before the dry ingredients.

The Lemon Sauce can be made as follows. Blend 1 teaspoon cornflour with a little cold milk and stir gradually into a bare  $\frac{1}{2}$  pint of boiling milk and water, adding at the same time a teaspoon of sugar and lemon essence to taste, or else a strip or two of lemon rind. Stir and simmer for 5 or 6 minutes, and if you can spare a nut of butter or margarine, the addition of this will be a great improvement.

#### MARY WYNNE

has another *favourite*, which she says makes her tear home at night faster than any other prospective supper, and the very mention of it makes her ravenous. The recipe is so good that I must agree, and include it in this book. The ingredients include 4 oz. breadcrumbs,  $\frac{1}{2}$  oz. margarine,  $\frac{1}{2}$  to  $\frac{3}{4}$  pint milk, 3 oz. grated cheese, 1 egg, mustard, salt and cayenne, if any to hand.

Mix breadcrumbs, cheese, salt, mustard and seasoning. Melt margarine in the milk and pour over the dry ingredients. Beat the egg and add. Bake in a greased piedish for 30 minutes in a hot oven, and serve in the dish in which it is cooked.

#### MISS KATHLEEN KING,

who has been on the staff of the *RADIO TIMES* for 17 years, gave me this practical recipe for

#### *CHOCOLATE PUDDING,*

the ingredients being as follows:—1 oz. cocoa, 4 oz. stale breadcrumbs, 2 tablespoons sugar, 1 pint milk,  $\frac{1}{2}$  teaspoon cinnamon, and a few drops vanilla.

Blend the cocoa with a little warm milk, add the rest of the milk, boiling, and the sugar. Pour over the

breadcrumbs and leave them to soak until quite cold. Add the cinnamon and vanilla and pour into a piedish well brushed with melted margarine or cooking fat. Bake for 1 hour in a moderate oven, and serve hot or cold with custard sauce.

ELIZABETH FORSTER,

whose articles appear in the *RADIO TIMES*, sends a recipe for *Mushroom Pudding*, followed by another for *Apple Caramel*.

The recipe for

### *MUSHROOM PUDDING*

is as follows:—Take  $\frac{1}{2}$  lb. flour, 6 oz. margarine,  $1\frac{1}{2}$  lb. mushrooms, salt and pepper, and a little water to mix.

Miss FORSTER directs: "This is really a pudding for either the very rich who can afford mushrooms, or for country dwellers who have access to rich pastures wherein mushrooms grow wild—and I am not inciting them to pick those specimens carefully cultivated by industrious farmers.

"Having secured your mushrooms, return to your kitchen and make some pastry by rubbing 4 oz. margarine into  $\frac{1}{2}$  lb. flour. Grease a basin and line it with this pastry. Peel and stem your mushrooms, keeping the cuttings, and then place a thick layer of them, sprinkled with pepper and salt and small nuts of margarine, in the basin. On this layer of mushrooms place a layer of pastry, rolled out very thin, and continue until the basin is full, alternating thick layers of duly seasoned mushrooms, covered with nuts of margarine and thin layers of pastry. The final layer should be of thicker pastry. Cover this with a well-greased

paper and then with a cloth and steam for three hours. No liquid need be added, as the mushrooms make their own juice. Wash the stems and peel and put in with half a pint of water and a small amount of margarine, seasoning, and if possible a little milk. Boil and strain and then thicken with a dessertspoon of flour. Serve as a sauce."

### *THE APPLE CARAMEL*

is equally good. To make it take  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. margarine, 3 oz. brown sugar, and 1 lb. cooking apples (or equivalent in soaked apple rings). Make the pastry by rubbing the 3 oz. margarine into the flour, and moisten with water. Roll out thinly. Beat 2 oz. sugar and 1 oz. margarine to a cream, and with it thickly coat the inside of a pudding basin. Line with pastry. Peel the apples and slice thinly (or arrange the apple rings accordingly), and fill the basin with them, sprinkling a little of the sugar on them and also a few nuts of margarine if it can be spared. Moisten with 1 tablespoon water. Place a pastry cover over the top of basin, and well lap it over the edges; twist a very thickly greased paper over the top and bake slowly in the oven until, when pierced with a skewer, you can feel that the apples are soft. This should take about  $1\frac{1}{2}$  hours.

MISS ELISE SPROTT, M.B.E., PUBLIC RELATIONS  
OFFICER, THE BRITISH BROADCASTING  
CORPORATION,

sends the following luxuriously sounding but very satisfying recipe. The lemon will most probably have to be omitted in wartime, but is of course a great improvement. Lemon Essence would do for a second best! The recipe is for

*MANCHESTER PUDDING,*

and the necessary ingredients are  $\frac{1}{2}$  pint milk, 1 oz. butter,  $\frac{1}{2}$  pint breadcrumbs, 1 lemon if possible, 2 eggs, 2 oz. sugar, 2 or 3 tablespoons raspberry jam.

Boil the milk with the butter and pour it over the breadcrumbs and let it soak for a few minutes. Add the yolks of the eggs, the grated rind of lemon (or a drop or two of lemon essence), the sugar, and then pour into a piedish lined with pastry and bake until set. Take it out of the oven and spread with jam, beat the whites of the eggs to a very stiff white froth, place on top of the jam, sprinkle with caster sugar and put back into the oven until the meringue is pale brown.

In reply to my request,

MR. VAL GIELGUD

made this reply together with an excellent recipe for  
*CARAMEL PUDDING.*

He said: "I am afraid I am not in any sense of the word a practical cook, and I don't know how these things should be set out in technical form, but the best sweet I ever tasted was in a Warsaw restaurant, and it consisted of fresh raspberries kept on ice, neatly encased immediately before serving within a practically red-hot soufflé. With regard to a savoury, to mention anything demanding eggs at the moment seems like a cruel mockery, but I would give my vote every time to a Scotch Woodcock with the very minimum of anchovy trimmings."

Here is the recipe for Caramel Pudding which Mr. Gielgud finally gave me. To make it you will need

$\frac{1}{2}$  lb. whole rice, 1 pint boiling milk, 3 tablespoons sugar, 2 eggs, 1 tablespoon water, lemon or vanilla flavouring.

Add the rice and flavouring to the boiling milk, simmer 20 minutes. Stir in the beaten eggs, then take the mixture off the fire. Now put the sugar into a saucepan with the water. Boil till it turns brown (this must be watched carefully). Pour this into a warm greased basin, coating the sides and bottom with sugar. Quickly fill the basin with the rice mixture. Cover with greased paper. Put into a saucepan of boiling water with water coming half-way up the basin, keep the lid on and let the water boil slowly for 30 to 40 minutes. I think that 45 minutes to 1 hour would be even better, but I have merely quoted the recipe as it came to me.

**UNCLE MAC (MR. DEREK McCULLOCK)**

sent me two excellent, but rather extravagant recipes which must be, I think, among those reserved for after the war. Particularly the first,

***FRAISES BURTIN,***

which is made as follows. You will need some wild strawberries, some clotted cream and Curacao (orange).

Pick and stalk the strawberries. Allow 2 dessertspoons orange curacao for each person. Pour half over the fruit and allow to stand for at least one hour in a cool place before use. Add the remainder of the curacao and the cream immediately before going to table. Mr. McCulloch very wisely adds, "Serve in peace."

The second recipe, which can scarcely be called a pudding, is, as Mr. McCulloch remarks, rich but

pleasant. It calls for some plump prunes, lean bacon and paté de foie gras.

Soak and steam the prunes till tender. Remove stones after cooling. Stuff fruit with paté (or substitute). Trim rashers, wrapping one round each prune. Secure with cherry sticks. Grill carefully and serve very hot on croutons of fried bread or toast. Do not hesitate to eat your neighbour's portion if he is on diet!

This makes an excellent savoury.

Incidentally, it is possible to make an excellent substitute paté by simmering  $\frac{1}{2}$  lb. calves' liver till tender, mince it, and then mash with a fork or rub through a hair sieve, and add to the resulting cream a very little bacon fat or butter, with a pinch of salt and pepper and the merest suggestion of sage to season.

#### PROFESSOR JOHN HILTON

wrote in reply to my request for his favourite pudding recipe, "The pudding I like above all puddings is

#### *BARLEY PUDDING.*

It is made in exactly the same way as rice pudding, except that pearl barley is used instead of grain rice. The trouble is that, for some reason unfathomable by art or science, the barley four times out of five curds the milk, and the resultant pudding is a conglomeration of barley, curd and whey. That compound is by no means unpalatable, but of course it is not at all the supremely delectable creamy dish which you get when, most inscrutably, the barley does not curd the milk. Some day there will appear in the culinary world a transcendent genius who will discover the why and the wherfore of the curding of barley pudding. This

will not be, I fear, in my life-time, but I should like to think that generations yet to come will enjoy the unclouded delight of barley pudding that knows no curd."

I can tell Professor John Hilton that the secret of a creamy barley pudding lies in having the milk boiling hot before it is poured over the barley, and that the dish containing the barley should also be practically red-hot. Bake in a *very* slow oven, even if the pudding takes all day to cook, and I think Professor Hilton will then obtain the creamy barley which he so much desires. Incidentally, the barley should not be washed in water before it is used, but merely soaked for a few minutes in a very little cold milk. This milk, by the way, can be added to the boiling milk which is poured over the barley.

#### DORIS ARNOLD

answered my request in the following way:

"I am afraid that I do not know much about cooking—not puddings anyway. I can just manage to grill some cutlets or sausages, and cook a few vegetables, but that's all. I think my favourite pudding is the good old-fashioned

#### *JAM ROLY-POLY.*

only the jam and the suet must have met in the pudding basin, and not, as I've so often had in restaurants, a lump of suet with some half-cold jam poured over it! If you can provide a recipe for a good old-fashioned roly-poly on war-time jam rations, I shall be eternally grateful, and I might even learn to cook it myself!"

Here, then, is the recipe for a

***WARTIME ROLY-POLY PUDDING.***

Rub 2 oz. margarine and 1 oz. cooking fat into 8 oz. s.r. flour and a pinch of salt, mix to a stiff paste with a little milk or water, roll out on a floured board and spread with a little jam mixed with some fine white breadcrumbs and a few shavings of margarine, roll up in greaseproof paper and then in a cloth, securing the latter firmly, but leaving a pleat on the side opposite to the fold, in order to allow for expansion. Boil 1½ hours. Suet can be used in place of the fat, but this is not rubbed into the flour. Mix it with the flour instead. The roly-poly using margarine and cooking fat can also be baked in an ordinary meat tin, but in this case do not cover it with paper or cloth. It should be baked for about 45 to 50 minutes in a moderate oven. If plain flour is used mix with it a good half-teaspoon baking powder.

**COMMANDER A. B. CAMPBELL**

evidently did not find my question as to his favourite puddings to be at all difficult, nor to need the assistance of the BRAINS TRUST in solving it! He sent two excellent recipes, the first being for a pudding to which he gives no name. The recipe is as follows. Line a basin with syrup or treacle and a sprinkling of raisins, then line with a suet crust, fill with apples, which I presume must have been prepared and peeled, and a little cinnamon. Cover with dough and steam. The pudding should, of course, be covered with grease-proof paper and a cloth as well, and the steaming will take from 1½ to 2 hours.

The second recipe COMMANDER CAMPBELL calls  
**SAVOURY PUDDING.**

His instructions are to beat the yolks of 4 eggs, add a cup of grated cheese, a gill of milk, salt and pepper, a knob of butter, and lastly the whites of the eggs beaten very stiffly. Place dish in a tin of boiling water and bake in a slow oven.

The Commander adds, "These are pre-war dishes, I am afraid."

"Here," said

AMBROSE HEATH,  
 "are my two favourite wartime (1942)  
 puddings, sweet and savoury." The  
 first, Ambrose Heath calls



**SUSSEX PIE.**

An old Sussex Pudding, tasted for the first time at a hotel in Chichester a few years ago. Dried apple rings could be substituted for fresh apples if necessary. The directions continue: 'Line a plate or flan ring with 6 oz. of short-crust pastry, and fill with a mixture of  $\frac{1}{2}$  lb. cooked apples, 3 oz. sugar, 2 oz. raisins or sultanas, 2 oz. currants and  $\frac{1}{2}$  teaspoon each of cinnamon and mixed spice. Cover with more crust, and bake in a moderate oven for half to three-quarters of an hour. Serve hot with custard.'

Ambrose Heath's second recipe is called  
**SAVOURY PUDDING.**

and, he says, came to him from one of his Kitchen Front listeners. The recipe runs as follows. Mix together  $\frac{1}{2}$  lb. breadcrumbs, or soaked bread pressed dry, a teacupful of chopped par-boiled onions or leeks,

a teacupful of chopped suet,  $\frac{1}{2}$  teacupful fine oatmeal, a seasoning of chopped sage or mixed herbs, salt and pepper (black if possible and freshly ground), and a beaten egg or the equivalent in egg substitute. Melt some dripping in a baking tin, pour in the mixture and bake in a fairly hot oven for a good hour. It should be crisp outside when done, and rather creamy in the middle. If preferred, chopped fat American bacon may be used instead of the suet, but in that case be careful of using too much salt in the seasoning. Various other ingredients can be introduced if desired and if suitable. A nicely flavoured brown gravy might be handed with it, enlivened perhaps by the judicious addition of a little chopped pickle, preferably of the sweet kind.

A. A. THOMSON

bursts into characteristic verse in describing his two favourite puddings. I will quote him exactly:—

*CELERY PUDDING (Savoury)*

Cut celery (white) in length (two-inch)  
 And boil till soft, with salt (a pinch);  
 Then place around a fireproof dish,  
 Well-greased as anyone could wish,  
 And pour upon it if you please,  
 A thick white sauce, with grated cheese;  
 Then in the oven gently brown—  
 The finest savoury pud in Town.

*TEACUP PUDDING (Sweet)*

A teacup full of breadcrumbs, ma'am  
 With raisins added to it;  
 A cup of milk, a cup of flour,  
 And a cup of chopped up suet;

A spot of baking-soda ma'am,  
An apple if you can;  
Mix well, then gently steam the lot  
Two hours in a well-greased pan.  
So give it to your husband, ma'am,  
The perfect way to coax him,  
But give it to a crooner and  
I hope the pudding chokes him.

Thank you, Mr. Thomson, but I think that if you had substituted the name of a gentleman beginning with H—but spelled it Schickelgruber—the verse would have been much more appropriate! At least that is my opinion, although neither do I like crooners. (I.V.)

J. COLEMAN-SMITH,

who rouses our menfolk in the mornings and keeps them slim and supple, said that he likes Rice Pudding, adding, "And so will you if you make it in this way." Here then is Mr. Coleman-Smith's recipe for

#### *CREAMY RICE.*

Take 1 pint milk, slightly under 1 oz. of rice, pinch salt, 1 oz. sugar (or to taste), slightly under 1 oz. custard powder.

Mix the sugar and custard powder together with a little cold milk until smooth. Put remainder of the milk on to boil, having added pinch of salt. When the milk boils, stir in the rice and leave it to simmer for 20 to 25 minutes. Add custard powder and stir until pudding thickens. You will find it an excellent lunch dish served either hot or cold, with or without fruit and well within the ration allowance and very nourishing. Mr. Coleman-Smith then adds, "A savoury? What better than Mushrooms on Toast?"

## MAY BROWN,

Mr. Coleman-Smith's colleague, who helps to keep us supple, sends the following excellent recipes, remarking in her letter, "I don't know what our Morning Exercisers will think, as neither of these recipes are of a particularly slimming variety."

The first recipe is called

*CRUMBLY APPLE TART*

and the ingredients include 4 oz. flour, 3 oz. margarine, 2 large apples, 2 oz. brown sugar, a few currants, raisins or dates, 3 cloves, and a little extra sugar if necessary.

Peel and slice the apples very thinly on to a tart plate, add sugar and dried fruit to taste. Cream the margarine and brown sugar slightly, then work in flour until the whole mass is crumbly. Spread this mixture on top of the apples and bake in a steady oven for about half an hour, or until apples are cooked and top is golden brown. Serve hot or cold. (As you will note, there is no liquid in this recipe, so that if apple-rings should be used do not squeeze these too dry after soaking them.)

May Brown's second recipe is also for a sweet pudding which is called

*CRECY PUDDING.*

To make it you will need 1 teacup breadcrumbs, 1 teacup grated carrot, 1 teacup dried fruit (any mixture), 1 teacup flour, small teacup minced suet, same of milk, pinch of salt, and  $\frac{1}{2}$  teaspoon bicarbonate of soda. A little ginger or other flavouring can be added, but is not necessary. Mix all ingredients thoroughly

together, adding soda at the end. Put in a buttered basin and boil at least for three hours. The longer the better.

MR. C. H. MIDDLETON

said in his letter of reply to my request for his favourite recipe, "I am blowed if I know anything about making puddings, but I believe my favourite is the old country or

*COTTAGE PUDDING*

we used to have in the Midland villages but don't often get now. It may be peculiar to Northamptonshire, but I am not sure. It is a roly-poly pudding boiled in a cloth, or in a basin like an apple pudding, and filled up with a mixture of pork, bacon, mushrooms, onions, liver, or presumably anything that happens to be handy. I believe potatoes and tomatoes go in too, and perhaps bits of other vegetables and herbs. After the style of a Cornish Pasty, but a boiled pudding instead. Very tasty, very savoury, and scrumptious. I expect it is made like a steak and kidney pud."

Thank you, Mr. Middleton. A lovely recipe! (I.V.)

"The favourite pudding of MR. J. B. PRIESTLEY is  
*BAKED JAM ROLL,*

which is made as follows, according to the recipe which he sent to me. The ingredients to include 12 oz. flour, 4 oz. margarine, 1 small teaspoon salt, jam filling. Make pastry in usual way (*i.e.*, rub margarine into flour and salt and mix to a stiff paste with a little cold water). Roll out and spread with carrot jam or any other jam desired. Roll up, seal and bake in a quick oven for 15 to 20 minutes. Serve with custard sauce.

## MR. L. DU GARDE PEACH,

to whom I telephoned one very snowy morning in January (and it can snow in Derbyshire, where he lives), sent the following two delicious recipes. Like so many men, Mr. Peach is a

## RICE PUDDING

fan. His particular recipe is as follows. Take 1 pint milk,  $\frac{1}{2}$  oz. sugar, 2 oz. rice, pinch salt, dessertspoon of fine oatmeal.

Stir all together in a piedish. Bake in a slow oven for 2 hours and serve.

The second recipe from Mr. du Garde Peach is for the local

## BAKEWELL TART

and is as follows. Some pastry. One egg, 2 oz. butter or margarine, 2 oz. sugar, 1 oz. ground rice, 1 oz. ground almonds, almond essence. Jam—strawberry or raspberry— $\frac{1}{2}$  teaspoon baking powder.

Beat sugar and butter to a cream, add beaten egg, ground rice, ground almonds, and almond essence. Beat well together. Add baking powder. Line dish with pastry, cover with jam and spread mixture on top. Bake for about 20 minutes in a quick oven.

The Announcers at Broadcasting House  
came forward nobly with their pudding  
recipes.

MR. STUART HIBBERD  
chooses

## MARGUERITE PUDDING,



made like this:—2 oz. butter beaten to a cream, 2 oz. caster sugar,  $\frac{1}{4}$  lb. flour, teaspoon baking powder, 1

egg and a little milk. After creaming butter and sugar, sift flour in gradually together with baking powder, and lastly the egg broken in whole and a little milk if necessary. Beat very thoroughly, grease a basin, put raspberry jam at the bottom, pour in mixture, cover with greaseproof paper and steam for  $1\frac{1}{2}$  hours.

ELIZABETH COWELL

sends two most original recipes, the first being for

*SARDINE PIE*,

which is made in the following way. Line a piedish sides and bottom with thin slices of bread and margarine, sprinkle with grated cheese, drain the oil from a tin of sardines and place these in the piedish. Cover with cooked vermicelli and sliced whole bottled tomatoes. Give a liberal covering of brown bread-crumbs and add a few dabs of margarine or butter on the top. Bake in a slow oven for half an hour.

The second recipe from Elizabeth Cowell is called

*SWEET PASTRY*

and is made like this. Take 5 oz. flour, 3 oz. lard, 2 oz. sugar, 2 oz. currants, 2 oz. sultanas, 2 oz. ground almonds or substitute.

Rub lard into flour carefully, add the other ingredients and a light sprinkling of baking powder. Mix with cold water to a stiff paste, roll out lightly, cut into one-inch strips 4 inches long and bake in a hot oven.

BRUCE BELFRAGE

replied in characteristic manner. He wrote as follows: "Here is how my wife tells me she constructs my favourite

*CHEESE PUDDING.*

She regrets she is not absolutely certain of the accuracy of the quantities, as she goes by instinct while she is doing it. Take 2 large slices of white bread (crumb only), 2 eggs,  $\frac{1}{2}$  pint milk, 4 heaped tablespoons grated cheese (or less to taste), pepper, salt, teaspoon French mustard and dash of Worcester sauce.

“Crumble the bread finely into a bowl. Warm the milk to blood heat and pour on the crumbs, separate eggs and add yolks well beaten. Beat in grated cheese, salt and pepper to taste, French mustard and dash of Worcester sauce. Grease an oven dish. Lastly, add the stiffly beaten white of eggs to mixture. Pour into dish and cook for 20 minutes in hot oven. Serve at once. This is plenty for four people. In wartime this can be done with 1 egg, more milk, bread—and water. But it is not quite so good.”

Mr. Belfrage added that he never eats ‘sweets.’

**ALVAR LIDDELL**

contributes recipes for his favourite peace-time and wartime puddings, which are as follows, taking the peace-time pudding first. It is called

*CHOCOLATE MOUSSE*

and is made as follows. Take  $\frac{1}{2}$  lb. bitter chocolate, 6d. real cream, and 6 new-laid eggs.

Break up the bar of bitter chocolate in small pieces and put into a pudding basin over a saucepan of boiling water and leave long enough until chocolate is moist but not liquid. Separate the egg yolks from the whites, lightly flip the yolks with a fork and stir them

into the chocolate. Beat the eggs whites very stiffly until like snow, then fold carefully into the mixture, taking care not to whisk or beat it. Pour quickly into sweet glasses and put in a cool place to set. Beat up the cream and put small heaps of it on to each glass. Garnish with a little grated chocolate.

Mr. Liddell's favourite wartime pudding he describes as

#### *APPLE AND RICE CONCOCTION*

The ingredients include 3 tablespoons rice, 1 pint milk, 2 good-sized cooking apples, small piece margarine and half a cupful of water. He writes, "Crede (as they say in Yorkshire) the rice with the margarine and water. That is to say, melt the margarine in a saucepan, add the water and the rice and cook quickly until all the water is absorbed. Then you pour in the milk and cook gently until the mixture reaches a creamy consistency. Peel and slice the apples, take the saucepan off the fire, add apples, put on the lid and then put aside for about 5 minutes. This allows the apples to cook without disintegrating. Bring quickly to the boil again and serve in a warm dish with a little sugar. This dish is equally good with sultanas instead of apples."

#### **WILFRED PICKLES,**

being a Yorkshireman, naturally gives the following recipe for making a real

#### ***YORKSHIRE PUDDING.***

Here it is, and this is what Wilfred Pickles wrote. "Now everybody thinks that they can make Yorkshire Pudding, but believe me that's just where they are wrong. This is what you should do. Take 1 egg,

1 heaped tablespoon of plain flour, a pinch of salt, half a cup milk and half a cup water (the water is not an economy, but because it lightens the mixture). Beat the egg into the flour, add milk and salt, beat into a smooth paste, add the water and let it stand before cooking. Cook quickly in hot oven. Make your pudding thin and cook it a nice golden brown top and bottom. If you want to do the job properly, serve immediately on hot dinner plates with gravy. Yorkshire pudding should be a course in itself and *not* served with meat and vegetables."

Mr. Pickles forgot to add that both the pan and fat in which the pudding is cooked should be absolutely red-hot! This is an important point.

#### FRANK PHILLIPS

wrote in reply to my request for his favourite pudding recipe, "While I cannot possibly give you a recipe of a pudding, my tastes are simple, and can be confined to two particular favourites—Vanilla Ice Cream with hot Chocolate Sauce, and what I believe is known as Suet Pudding and Treacle."

Here in reply to Mr. Phillips is the recipe for a Suet Pudding which he may find to be useful. Mix 2 or 3 ozs. of finely chopped suet with 8 ozs. self-raising flour and 2 oz. finely grated raw potato with a pinch of salt. Mix to a stiff dough with milk and water, put into a greased basin, cover with greased paper and steam for 1½ to 2 hours. Turn out and serve with warmed treacle or golden syrup.

#### CHARLES B. COCHRAN

gave me two *very* pre-war (and we hope post-war) recipes. Mr. Cochran preceded these by the remark,

“That, as the enclosed recipes are for my favourite puddings, you will realize that I am not eating pudding in wartime.” The recipes are as follows, the first being for

### *GATEAU A LA BROCHE,*

which is made as follows. Take 1 lb. flour, 1 lb. fresh butter, 1 lb. sugar, 4 oz. pounded almonds and 12 eggs with the whites beaten to a stiff froth. Mix all these ingredients together to a fine and liquid paste, *i.e.*, the butter would have to be rubbed into the sifted flour and sugar and the pounded almonds added with the egg yolks, with the whites last of all.

This mixture is then cooked in a mould, which should be made of solid wood, of the shape and size of a sugar loaf. This, by the way, is the cake of the Gasçon fêtes baked on a spit, and might be called, in the language of old days, ‘Une piece de Majeste.’ It looks like a golden loaf studded with pink and white comfits as with jewels, and is the tasty creation of an ancient peasantry.

After having carefully covered the mould with a buttered paper, attach it to the spit and turn it like a joint in front of a bright fire. As it turns, pour on spoonfuls of the mixture, spreading this equally all over the mould. The paste gradually sets and cooks, layer by layer. When the mixture is all used up, do not stop turning at once. A few moments’ further cooking is necessary to give the cake its golden colour. When turned out, it should resemble a large, hollow cone open at the top. According to the old custom, this opening should be filled with a bunch of flowers, and the whole exterior of the edifice studded with comfits. These should be set before the cake cools and hardens.

This recipe may, I think, be regarded as a museum piece—which we hope will be removed from its museum after the war and used once again! (I.V.)

Mr. Cochran's second choice is called

*GATEAU DE MARRONS.*

and to make it you will need 3 eggs, 6 oz. sugar aromatise, a little sugar flavoured with vanilla, and 8 oz. crushed chestnuts. Melt the sugar in the yolks of the eggs. Stir briskly to a white cream, using a wooden spoon for 10 or 15 minutes, then add the whites of the eggs beaten to a froth, stirring all the time and in the same direction. Lastly the crushed chestnuts. When well mixed, put in the oven for three-quarters of an hour, in a lightly greased mould, so that it will turn out easily. When cooked, serve with candied caramel and surrounded by whipped cream.

The favourite recipes of

JOHN LAURIE,

OF THE B.B.C. DRAMA REPERTORY COMPANY,  
are as follows. First of all,

*CRUMBLY CRUST PUDDING,*

which is Scottish in origin. For this you will need 5 dessertspoons flour, 2 dessertspoons margarine, 3 dessertspoons sugar (brown if possible), and four or five apples.

Rub flour, sugar and margarine together. Peel and slice apples thinly, place in piedish, add a little nutmeg. Then sprinkle the dry mixture over the apples and bake in a moderate oven till the apples are cooked and brown on top. This will take about an hour.

This recipe is similar to that submitted by Miss May Brown, of Morning Exercises, although the method of cooking it is a little different.

The homely

*PLAIN BREAD PUDDING*

is John Laurie's second choice. To make this, take about 3 slices of bread, remove crusts, spread with margarine and a little marmalade. Cut in strips and place in a greased piedish. Boil some milk, add a little sugar and beaten yolk of eggs. Pour over bread. Beat white of egg very stiffly and fold into pudding. Bake in medium oven for about an hour.

MADAME EVA TURNER,

of the Golden Voice and lovely smile, sends the following recipe for a most delicious

*CARROT PUDDING,*

which is made as follows:—Take  $\frac{1}{2}$  lb. flour, 3 oz. suet, 3 oz. brown sugar,  $\frac{1}{2}$  lb. currants, 2 oz. candied peel, one large carrot, 1 small teaspoon baking powder,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  pint milk, rind of 1 lemon if possible, or 2 drops essence of lemon and 1 egg.

Chop suet finely, mix with the dry ingredients. Scrape and grate the carrot finely, chop lemon peel (if you have it) equally finely, and mix all to a stiff dough with the egg and milk. Put into a greased basin, cover with greased paper and boil for 2 hours.

HARRIET COHEN

gave me two recipes which she told me are made for her by her mother. Miss Cohen adds, "As I don't

cook I don't know about recipes myself, but as I consider my mother to be the best cook I have ever met in my whole life, I thought you might like to have her own recipes, which she has kindly prepared for me." Thank you very much indeed, Miss Cohen, and here are the two recipes, the first being for

### *SPAGHETTI AND ONION SAVOURY.*

which is made as follows:—Boil  $\frac{1}{2}$  to  $\frac{3}{4}$  lb. Spaghetti till tender, fry a chopped onion in a little fat, together with 3 or 4 skinned tomatoes, drain off fat and mix with the Spaghetti, adding a little salt and pepper and some grated cheese. If tomatoes are unobtainable tomato sauce will do.

Put mixture back into saucepan and simmer for 10 minutes. The same foundation, unto which add some flaked cold fish, mixed herbs and tomato or Anchovy Sauce, offers alternatives.

The second recipe from Harriet Cohen is for making a dry

### *GINGER PUDDING.*

Mix together the following ingredients:—8 oz. flour, 4 oz. sugar, Demerara if possible,  $\frac{1}{2}$  lb. finely chopped suet and 1 or 2 teaspoons ground ginger, according to taste. Put into a greased basin *dry* and boil or steam for  $2\frac{1}{2}$  hours. On no account put any liquid into the mixture.

### *MURIEL BRUNSKILL*

sends an excellent pudding recipe, which she says she would not exactly call her favourite, but is a good utility one for the present time. It is called

*BLITZA PUDDING,*

and is made as follows:—Take some bread left-overs (bits and pieces), self-raising flour,  $\frac{1}{2}$  lb. sugar, brown if possible,  $\frac{1}{2}$  lb. suet, any dried fruit available, a little nutmeg or spice, and milk.

Soak bread in water and when soft squeeze dry, and to three cupfuls add 1 cupful self-raising flour, add other dry ingredients, then mix all together with the milk. Place in a well-greased basin and steam for three hours. Serve with sweet white sauce.

*CHRISTOPHER STONE*

sends two recipes, which he says he is afraid are too simple. But I can assure Mr. Stone that this is not so. The recipes are exactly what is wanted in these wartime days. The first is called

*SAVOURY RICE,*

and his instructions are as follows:—Cover the bottom of a fireproof dish with skinned and sliced tomatoes. Then a layer of cooked rice. Then grated cheese and a little chopped onion. Then more tomatoes, pepper and salt and a little margarine. Bake slowly in oven for about 30 minutes.

The second recipe from Christopher Stone is called

*SLICED APPLE,*

and he instructs the cook to take 2 or more apples, cored and peeled and cut into thin slices, neatly arrange in a glass fireproof dish and separately covered with sugar or honey. Bake in oven for 10 minutes.

I can tell Mr. Stone that soaked apple rings can also

be used for this dish, and although they are not as good as fresh apple, the result really is quite satisfactory.

When I asked

TOMMY HANDLEY

for his favourite pudding recipe, he wrote, "My favourite pudding is definitely a properly made

*RICE PUDDING,*

and here is my recipe:—

Soak rice in cold water for 3 hours, then strain off water, put into dish with 2 tablespoons of brown sugar, add milk and a dessert spoon of beer suet. Mix together, stir well, put in a very low oven and cook slowly for 2 hours. This should produce a rice pudding which is nice to look at and delightful to eat."

LESLIE BAILY

is another

*RICE PUDDING*

fan and wrote, "As a matter of fact I don't think there is anything to beat a really well made milk pudding, and you will know the recipe for that better than I could suggest one.

Of course in peace time there were all sorts of fruit concoctions which I think take a lot of beating. You know the sort of thing, made with sponge cakes and black currants, bananas and custard, strawberries and cream. But all that hardly bears thinking about now!"

Mr. Baily cannot do better than adopt Tommy Handley's Rice Pudding recipe.

DEREK OLDHAM,  
an old friend, and yet another

*RICE PUDDING*

addict, wrote, "You know, actually I like so few puddings; the only pudding I remain faithful to is the plain everyday Rice Pudding, of which I never tire. Now the milk scarcity just allows me to have an orgy about once a week, when I do a little bit of saving up in the 'Frig.' And the only pudding better than a hot Rice Pudding straight from the oven is a cold one. As to Recipe—well, they all conform pretty well; but there mustn't be too much rice."

Again let me recommend Tommy Handley's recipe, or else one in which two dessert spoons of rice are simmered in a generous pint of milk in a double saucepan, together with a little sugar, a little grated suet or butter, and a suspicion of nutmeg. When the rice has absorbed all the milk and is thick and creamy, add a few sultanas, put into a piedish, flake a little margarine over the top, sprinkle with nutmeg and place in the oven for about 30 minutes. The oven must, of course, be very moderate. Tinned milk can be used for this recipe.

S. R. LITTLEWOOD,  
the famous Dramatic Critic and another old friend, also sent a Rice Pudding Recipe, and to follow a

*WELSH RAREBIT*

made in the following way:—Take 2 oz. dry cheese,  $\frac{1}{2}$  oz. butter, 1 tablespoon of milk mixed with mustard and Paprika to taste. Grate the cheese, melt the butter in a saucepan, add the milk, stir in the cheese

and seasoning, but do not allow the mixture to boil. Have ready toast either buttered or dry, as desired. Spread the cheese mixture on and place under grill to brown. Serve very hot. The yolk of an egg may be added to the mixture before spreading, but if this is required the mixture must be allowed to cool first.

MR. LITTLEWOOD makes his *RICE PUDDING* like this. Take 2 oz. rice, 1 pint milk, 1 oz. sugar, pinch of salt, grated nutmeg.

Wash rice and place in a buttered piedish. Add sugar, milk and salt. Grate over with nutmeg and bake in a slow oven for 2 hours. A small piece of lemon peel will also add to the flavour. A sprinkle of finely grated suet will improve the pudding and should be added before cooking.

#### ARTHUR ASKEY

supplies the following recipe, which sounds *exceedingly* indigestible. He calls it

#### *BIG-HEARTED TART*

(or you silly little Flan).

Take 6 lemons (if you can) and the juice of 2 bananas (I'll dare you). Stir well—add a sack of confetti and 2 old copies of *The Radio Times*, then run the bath. Pour the results into a zinc gas-mask case—put in the yoke of 2 oxen and then beat about the bush. While the mixture is simmering give it an occasional dirty look—add 2 drops of oil of Adooda and leave to cool—or fan it with a piece of bread. Leave in a darkened room until the third Sunday after Pontefract, then wrap in an old pair of combinations, tying up the

ends of the arms and legs to save waste. Boil for 3 hours (Continental time) and serve on a tennis court, having put the funeral arrangements in hand.

(Few, I think, will be able to equal, let alone beat *this recipe!*)

SANDY MACPHERSON,  
who sends a recipe for  
*GINGER SPONGE PUDDING,*

adds, "The ginger touch seems not inappropriate in connection with the name Sandy."

The recipe is as follows:—Take  $\frac{1}{2}$  lb. self-raising flour,  $\frac{1}{2}$  lb. margarine, pinch of salt,  $\frac{1}{2}$  teaspoon ginger,  $\frac{1}{2}$  teaspoon bicarbonate soda,  $\frac{1}{2}$  breakfast cup syrup and  $\frac{1}{2}$  breakfast cup milk.

Warm syrup and milk. Rub margarine into flour and add ginger. Dissolve bicarbonate of soda in a little hot water, add to the milk and syrup. Mix all well together. Put into greased basin and steam for 2 hours or more. Serve with white sauce. This pudding is sufficient for 7 or 8 people.

C. F. MEEHAN

replied by saying: "I am distinctly fond of puddings made with custard, hot or cold, particularly trifle, and one of my favourite savouries is a Cheese Pudding made, I am told, with breadcrumbs (seasoned), grated cheese and beaten eggs—all nicely browned off. I am sure you can devise a fitting recipe."

There are several Cheese Pudding recipes in this book, all of which will I hope please Mr. Meehan. But, if not, here is the recipe for another. Make some white

sauce by blending 1 oz. each of butter or margarine and flour. When blended add, almost drop by drop, a good  $\frac{1}{2}$  pint milk, stirring all the time over a gentle heat until the mixture thickens and is about the consistency of cream. Then sift in 1 or 2 ozs. finely grated cheese, stir well and pour over 1 oz. fine breadcrumbs placed in a buttered piedish. Stir and sprinkle a light covering of breadcrumbs and flaked margarine over the top. Bake in a fairly moderate oven for 15 to 20 minutes.

### BILL MACLURG

answered: "I am afraid I must plead guilty to liking most puddings, but perhaps my favourite is

### APPLE SPONGE.

Here it is. I hope this is the right recipe for it: 2 or 3 apples according to size, 2 oz. margarine, 2 oz. sugar, 4 oz. self-raising flour, 1 egg (I suppose egg powder would do), a little milk.

"Grease a piedish, peel apples and slice. Put into piedish, cover with sugar and add a tablespoon of water. Put into the oven to warm. Cream the margarine and sugar together until very soft, add the egg and a little flour and beat thoroughly, stir in the remaining flour and enough milk to make a soft cake mixture. Spread over apples and bake in a moderately hot oven for 30 to 40 minutes. Take it out and throw it away, then go to the nearest café."

But I do not agree with the last remark, because this recipe is a very good one. The apples should, however, be baked in the oven until they are *cooked*, not only *warmed*. Soaked apple rings can be quite satisfactorily used in place of fresh apple.

## MAX KESTER

also chooses a pudding containing apple, and sends the two following rather unusual recipes. The first is for another

*APPLE SPONGE*

and is made in the following way. "Into a well greased cake tin," writes Max Kester, "put a thick layer of a light sponge cake mixture. This should be about half the quantity you have made. Place in a very hot oven and—contrary to all rules—half bake it. Have ready at hand the following: enough cooked apple (soaked apple rings will do perfectly well) to make a thick layer of fruit, and some previously heated raspberry or strawberry jam (these really are the best flavours). The apple should be soft and thick but not sloppy. When your cake mixture is just sufficiently set to hold the weight, spread the apple quickly over the surface. Cover immediately with another layer of sponge mixture and on top of this your warm jam. Return to the oven and complete cooking.

"This is equally delicious either hot or cold. When cold it can be cut into slices like a cake."

(*Note*.—I think that the jam should be spread over the top layer of cake only just before this has completed cooking. Otherwise the jam will be inclined to burn.—I.V.)

The second recipe from Max Kester is called

*CHEERY RIPE.*

He says, "If you have a tin of cherries (the large French ones that one used to get are best), and you

have facilities for making ice cream, you can make a really delicious sweet which is not extravagant.

“Take your tin of cherries or any other fruit that is not pulpy, and strain off the juice. Put the juice in a pan and bring it nearly to the boil, then pour it into a bowl with  $\frac{1}{2}$  oz. of powdered gelatine.

“In the meantime you have made in your refrigerator sufficient Pistachio ice cream to line a good sized jelly mould  $\frac{1}{2}$  in. thick all round. It is perfectly possible to use condensed milk for this. Line your mould and put an inner lining of sponge fingers or sponge cake, soaked in the jelly you have made from the fruit juice. Fill the cavity in the middle with the cherries and seal the bottom with a round of sponge sandwich. Return to your refrigerator and freeze very hard.

“This sweet is delicious served with hot chocolate sauce.”

My request for a pudding recipe from

HARRY S. PEPPER

brought the following reply: “One of my favourite puddings is

*TREACLE PUDDING,*

but I must admit that I haven’t the slightest idea how to make it. I only eat it.”

Perhaps Mr. Pepper will approve the following recipe. I hope so. Line a greased pudding basin with some suet paste, made by mixing 2 oz. suet with 8 oz. self-raising flour and 1 tablespoon grated raw potato with a little salt. Roll pastry out on floured board, use as directed, and fill the basin with fine white breadcrumbs and as much golden syrup as it takes to moisten them, together with a few flakes of margarine or dessert

spoon of finely chopped suet. The basin should be packed full. Cover with suet paste, tie greaseproof paper or a cloth over, and steam two hours. Serve in the basin.

### MABEL CONSTANDUROS

says that she does not care very much for puddings, and encloses the recipe for a savoury which she likes very much. It is called

#### *CARROT AND CHEESE CREAM.*

The ingredients include 2 lb. carrots, 4 oz. grated cheese, 1 tablespoon vinegar, 1 tablespoon margarine,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon dry mustard, generous shaking of pepper and a pinch of grated nutmeg.

Scrape the carrots and cook them in as little water as possible. Drain and mash them. Stir in the margarine, the vinegar, and all the seasonings. Then add the cheese. Stir over a very low heat till the mixture is creamy and bubbling hot. Serve on toast, as hot as possible.

I should say that even Grandma Buggins would approve this dish !

The Famous Pianiste, MISS IRENE SCHARRER, also prefers savouries, and gave me an excellent recipe for

#### *CHEESE PUDDING.*

It is made as follows:—Sprinkle the bottom of a pudding dish with bread crumbs, add hot milk and half a cup grated cheese, pepper and salt, and the beaten white and yolk of one egg, beaten separately. Put a few bits of butter or margarine on top and bake in a moderate oven for half an hour.

Miss Scharrer also gave me a particularly good recipe for *CHRISTMAS PUDDING*.

The ingredients for this include 1 lb. each carrots, potatoes, suet, raisins, currants, breadcrumbs and brown sugar,  $\frac{1}{2}$  lb. mixed peel and 3 teaspoons salt. Mix together and steam (not boil) for 8 hours. This quantity makes 3 large puddings, and the vegetables give sufficient moisture.

#### JEANNE DE CASALIS

gave me a simple and useful wartime pudding recipe, which is as follows:—If you have any ginger cake that is left over, cut it into not-too-thin slices and fry it in the pan with a little margarine or butter. If you can spare a few drops of rum, sherry or brandy on each slice, so much the nicer. Sprinkle a few chopped almonds and sugar on top. Serve hot.

Miss de Casalis adds, "If there wasn't a war on, you would add whipped cream faintly flavoured with vanilla on top, but there *is* a war on, so you don't add whipped cream flavoured with vanilla." A la Feather she concludes, "Unless, of course, you have a cow, in which case smother it with same."

#### NORMAN ALLIN,

the famous Bass Singer, gave me this practical recipe for

#### *QUEEN PUDDING.*

Half fill pudding dish with white breadcrumbs, having first spread a lump of butter around the dish. Add a tablespoon of sugar, and if possible grated rind of half a lemon, or a drop or two of lemon essence. Then take 1 pint of milk and warm it. Separate the yolks

from whites of two eggs, beat up yolks with pinch of salt and add to the warmed milk. Then place in oven, having first poured the egg and milk mixture over the breadcrumbs, and bake until set and dry on top. Spread with Apricot Jam. Beat up whites of eggs to meringue with 1 tablespoon soft sugar. Spread over pudding and return to oven until meringue is crisp.

**GOOSEBERRY FOOL or a *FLAN***

made with fresh raspberries are favourite puddings of

CHARLES SHADWELL,

but as he says he has not a recipe for either, here is the recipe for gooseberry fool, which I hope he will enjoy when gooseberries are again in season.

Stew 1 lb. gooseberries with a little sugar and water, and when cool rub through a hair sieve, then beat up with 1 pint of rather thin sweetened custard, made with powder. Rub through sieve again, put into glasses and chill. Serve with a synthetic cream on top made in the following way. Make  $\frac{1}{2}$  pint of blanc mange very thick and allow to cool. Take 1 or 2 oz. margarine and beat to a cream with 1 teaspoon sugar and 3 drops vanilla essence. Now add to the margarine mixture the blanc mange a teaspoon at a time, and beating steadily with a fork. The mixture will become rather fluffy and about the consistency of Devonshire cream.

VICTOR SILVESTER

gave me a recipe for making his favourite  
**APPLE PUDDING.**

which is as follows:—For the crust 8 oz. suet, 1 lb. flour, about  $\frac{1}{2}$  pint cold water, 1 teaspoon baking

powder,  $\frac{1}{2}$  saltspoon salt. Mix suet, flour, baking powder and salt together, and form into a stiff dough. Before making the crust, Mr. Silvester directs, with masculine thoroughness, that the cook is to put a large saucepan of water on to boil, to remove all skin and gristle from the suet before weighing and to sprinkle a little flour over the suet while chopping it finely. Also, when rolling out the suet crust, use two thirds and keep the remainder on one side. Roll out the larger quantity twice the size of the basin, rolling it to about one third of an inch thick. Line basin with it smoothly. Roll remainder to a round the size of the top of the basin and about  $\frac{1}{2}$  in. thick, then fill basin with 2 lbs. apples weighed when cored and peeled, or the equivalent in dried apple rings, 1 or 2 tablespoons sugar, and 2 or 3 cloves. Put on pastry lid, joining edges together. Trim edges with a knife. Dip a pudding cloth in boiling water, wring it, sprinkle with flour and tie lightly over the top of the pudding. Boil at least two hours.

In short, the recipe for an old-fashioned apple pudding!

REGINALD FOORT

has large ideas, and sends the following recipe for a  
*TRIFLE*

which proves this assertion.

He writes as follows: "My favourite pudding is a trifle. I can't give you the technical details in the style of Mrs. Beeton, but: Take a lot of not-too-stale sponge cakes; split in half longwise, add a lot of jam—preferably strawberry—and make them into a jam sandwich. Place in a deep glass dish and more or less

soak with sherry. Then pour over lots of custard, allow to set, pour lots of whipped cream over, and decorate the top with lots of white skinned almonds and some cherries. Stick in the refrigerator to cool until served."

DAME IRENE VANBURGH  
gave me this delicious recipe for  
*PIGEON CASSEROLE PIE,*

which is as follows, and is enough for two people. Take 2 pigeons,  $\frac{1}{2}$  oz. dripping, 1 leek, 2 oz. rice, 1 cupful diced carrot, salt and pepper, water. Clean the pigeons and dust with flour. Wash and shred the leeks. Melt the dripping in a casserole, and when smoking hot put in the leek and the pigeons. Stir in the rice, diced carrot, seasonings and enough water barely to cover the ingredients. Put on the lid and cook very gently for about  $1\frac{1}{2}$  to 2 hours, or until the vegetables and pigeons are tender. The casserole can be placed in the oven, or over a very low heat on top of the stove. Now make some pastry consisting of equal parts of hot mashed potato and flour with 1 or 2 oz. margarine or suet. Mix to a very stiff paste with a little salted water, put over the top of the casserole, flute around the edge with a fork, and return to the oven for another 25 minutes or so, or until the pastry is brown and crisp. Serve at once in the casserole.

Dame Irene's sister, MISS VIOLET VANBURGH,  
sends another unusual recipe called

*CODS' ROE PIE,*

and the directions are as follows. Boil the cods' roe for 15 minutes. Then lift it out gently and allow to

drain and get quite cold. Then cut into slices about  $\frac{1}{2}$  in. thick, dip these into well-beaten-up egg, then into fine white breadcrumbs, and fry in boiling butter, margarine or dripping. As the roes become golden brown, place them in a piedish, previously buttered and lined with fine breadcrumbs, either brown or white. Cover with more breadcrumbs, and then pour over the remainder of the beaten egg mixed with a small teacup of milk. Dot pieces of margarine over and sprinkle with tomato sauce, cayenne pepper and salt to taste. Brown in the oven, which will take about 25 to 30 minutes. Serve at once.

GENERAL DE GAULLE,  
LEADER OF THE FREE FRENCH FORCES,  
whose Headquarters are at the  
CONNAUGHT HOTEL, CARLOS PLACE, MAYFAIR,

is particularly fond of the following sweet, which has been specially concocted by the Connaught for General de Gaulle. It is called

### *POMMES CONNAUGHT*

and is made as follows. Peel and core some apples, then cut them in half and slice so that they lie flat, the pieces slightly overlapping, like a fan. Put them in a buttered shallow dish, with a little butter and sugar on top, place in the oven and cook till tender and slightly brown on top. Make a thick custard, place in a shallow china dish with the apples arranged on top. Take 2 tablespoons golden syrup and 3 tablespoons water, thicken with a little arrowroot, colour with a little cochineal, simmer until clear, stirring all the time, and pour on top of the apples. Serve cold.

**The Savoury called *TOAST EMPIRE***

of which General de Gaulle is also very fond, can scarcely be called a pudding, but is so good that it must be included. To make it, take some minced chicken or game, mix with a little cream, and season. Make some very thin toast and spread with the mixture, then pour some melted cheese over, brown under the grill and serve very hot.

MR. SYDNEY WALTON, C.B.E., M.A., B.LITT.,  
sends these two particularly delicious recipes, which  
he tells me are his favourite puddings. The first is

***APRICOT CUSTARD.***

and to make it you will need 1 small tin apricots, 1 pint milk, 2 eggs, 1 tablespoon sugar,  $\frac{1}{2}$  tablespoon cornflour, and vanilla flavouring. Heat the milk, add sugar and flavouring, the beaten yolks of eggs, and cook gently until the mixture thickens, but do not allow to boil. Mix cornflour with a little water and add. Stir gently. Put half the resulting custard into a dish, then a layer of apricots and cover with the remainder of the custard. Whisk whites of eggs to a stiff froth and put on top, sprinkling with caster sugar. Bake in a moderately warm oven until the meringue hardens and browns a little.

Mr. Sydney Walton's second recipe is also for a sweet pudding, and is called

***SPONGE CAKE PUDDING.***

The ingredients include 3 or 4 sponge cakes, 1 egg,  $\frac{1}{2}$  pint milk, currants, sultanas, lemon peel (if possible) and vanilla flavouring.

Cut sponge cakes into finger lengths and put in dish. Clean fruit and add, beat egg, add milk and flavouring and pour over. Leave to soak a few minutes, then bake rather slowly until custard is set.

MR. HENRY G. DOWLING, F.R.S.A.,

a past President of the Incorporated Institute of British Decorators, Hon. Member of the American Institute of Decorators, and author of "A Survey of British Industrial Art" (1935) and "Painters' and Decorators' Work" (1916), sends the following two rather Post-War recipes, which he describes as "T. and P." (i.e., Tried and Proved). The first is

### APPLE AMBER

and requires the following ingredients: 1 lb. apples, 1 oz. butter, 1 tablespoon sugar, 1 lemon (lemon essence in wartime), 1 tablespoon water, 1 yolk of egg, 1 whipped white of egg, 1 oz. caster sugar, glacé cherries or angelica if possible, puff or short pastry.

Peel and core apples and put them in a saucepan. Add grated lemon rind and strained juice of lemon (or lemon essence), sugar, water and butter. Cook until apple is tender, and beat to pulp with wooden spoon. Add yolk of egg. Line dish with pastry, ornamenting edges prettily, brush with beaten egg. Put in the apple mixture and bake until pastry is cooked. Remove from oven. Whip up white of egg until stiff and add the caster sugar to it lightly. Pile on top of pudding and dredge thickly with caster sugar. Return to oven and bake in a very moderate oven until light golden brown. Decorate then with angelica or glacé cherries, but these are not really necessary. Serve either hot or cold.

Mr. Dowling's second recipe is for a

*CHEESE SOUFFLE,*

and the necessary ingredients are as follows:—1 oz. flour,  $\frac{1}{2}$  pint milk, 2 oz. butter, 2 yolks of eggs, 1 tea-spoon mixed mustard, pepper and salt, 2 oz. grated cheese, 4 whites of eggs.

Mix flour smoothly with a little of the cold milk. Put rest of milk in saucepan with the butter. When boiling stir in the moistened flour, and stir over fire until well cooked. Remove from fire, and when cool add yolks of eggs, mustard, pepper, salt and cheese, and last of all the stiffly beaten whites of eggs. Bake for half an hour in a buttered piedish or in small Ramekin cases.

(Note.—Two egg whites would suffice in wartime.—I.V.)

MR. C. H. B. KENYON, PUBLIC RELATIONS OFFICER TO THE BRITISH GROWERS' PUBLICITY COUNCIL, sends the following excellent and unusual recipe for

*SPINACH PUDDING,*

to make which you will need 2 lb. spinach,  $\frac{1}{2}$  lb. minced veal or rabbit, 1 oz. bacon or ham scraps, 4 tablespoons breadcrumbs, 1 small chopped onion, pinch each nutmeg and powdered mace,  $\frac{1}{2}$  pint Dutch sauce or brown sauce,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  oz. each margarine and flour, salt and pepper.

Cook the spinach and sieve or chop it finely. Melt the margarine, add the flour and cook without browning. Add the milk. Cook until a thick sauce is made, stirring all the time. Add to this sauce the spinach,

minced veal, bacon, breadcrumbs, onion seasoning and spices. Mix well together. Turn into a greased basin and steam for three-quarters of an hour. Turn on to a hot dish. Coat the pudding with sauce and serve hot.

Mr. Kenyon's favourite sweet can scarcely be described as a pudding, but is very good and also adaptable. It is called

### *PEARS AU BEURRE*

and made as follows. Peel some cooking pears and cut them into thin slices. Put these into a fireproof dish, adding sugar and some little pieces of butter and margarine between each layer. Cook in oven until top layer is delicately brown. This dish is equally good with apples, and soaked apple rings *could* be used. It can be cooked at the same time as a joint or cake, and in any case takes very little fuel.

### THE LATE LORD WEDGWOOD

has simple tastes and the plainest foods suit him best. As a sweet, Lady Wedgwood told me, he likes nothing better than a

### *MILK PUDDING*

of any sort, including custard or junket, with stewed fruit, which in these days is very often prunes. Lady Wedgwood added that she finds the ideal way in which to cook prunes is to soak them for a day, and then to cook in a covered casserole in a slow oven for quite an hour, with a pinch of salt and a sprinkling of sugar, and of course very little liquid. Lady Wedgwood also adds a few drops of vanilla or almond essence to a

milk pudding, particularly when using tinned or condensed milk, as both she and Lord Wedgwood consider this improves the flavour.

LADY HONYWOOD,

that genius of hotel management, gave me the following recipe, which is most adaptable and incredibly good. The quantities can of course be adjusted as required, but I give below the quantity in bulk as directed by Lady Honywood. The sweet is called

*MOUSSE,*

*or CREME or BAVAROISE WITHOUT EGGS,*

and the directions are as follows.

Make a light sweetened custard, say 4 quarts for about 50 people, add 6 oz. gelatine, and cool as per ordinary method, add flavouring to taste, and whipped cream, or whatever you can afford. Let it set in a cool place. This quantity should make 10 moulds each for five people.

This cold pudding served as a base for a great variety under different names. It can be served with liquor of dried stewed apricots or prune juice or any other fruit juice, slightly thickened, decorated with jelly or whipped cream, or with Scotch shortcake fingers forming a mould in Charlotte fashion.

GEORGE BELCHER, A.R.A.,

who is an artist in cookery as well as by profession, sends the following highly amusing instructions for making his

**FAVOURITE PUDDING AND SAVOURY.**

He wrote to me as follows: "First as to my favourite sweet, of course one day one sweet might appeal and on another something different. However, not to be too precise—take 2 eggs and break them into a bowl, add some flour and mix well into a batter, and then add some milk and stir well until the mixture is the consistency of raw cream. Now take a clean frying pan and melt in it a piece of lard the size of a nut (*not* a cokernut of course); when this is melted pour in sufficient of the batter to cover the (inside only) of the frying pan, and fry to a rich brown; spread some raspberry jam over what may be termed a pancake and fold it like an envelope. Lemon juice squeezed over instead of jam is quite nice, but as grapes are considered sour when you can't get them, lemons under similar conditions may be very properly recounted doubly sour and so probably less pleasant than jam.

"Now regarding the Savoury: Take two new-laid eggs, if not you must take two travel-weary eggs that have surely been half over the British Isles since they left the graders and stampers and met their consumer. Boil the eggs until they are tired of it, and in sheer desperation have become quite hard, place them under the cold water tap and the shell can easily be removed without irritating their bodies. Remove the tops with a sharp knife, scoop out the yolk and make it into a paste, adding a little anchovy sauce, some finely chopped parsley, and pepper and salt. Now return this mixture to the disembodied eggs. You may find you can't get it all back, having added to it. If so and nobody is looking, eat it. Garnish with parsley; it gives a jaunty effect.

HENRIETTA LESLIE,  
WHOSE LATEST Book, "CAN THIS BE I?"  
is such a success, sends two very practical recipes that  
will please everyone. The first is a

### *CHEESE PUDDING*

and the ingredients include 4 oz. breadcrumbs,  $\frac{1}{2}$  oz. butter or margarine,  $\frac{3}{4}$  pint milk, 2 oz. grated cheese, 2 eggs, mustard, cayenne and chopped parsley.

Mix breadcrumbs, cheese, salt, mustard and parsley. Melt butter in milk on the fire and add to dry ingredients. Beat egg yolks and add. Whisk the whites very stiffly. Mix all together and bake in a greased piedish for 20 minutes with the oven at 450 degrees F. Serve immediately in the dish in which it is cooked. If the cayenne is added, this should be done at the same time as the mustard.

Miss Leslie's second favourite pudding is

### *CHOCOLATE MOULD,*

which she says is a lovely sweet. To make it you will need  $1\frac{1}{2}$  oz. ground rice, 1 pint milk, 1 oz. cocoa,  $1\frac{1}{2}$  oz. sugar, 2 drops vanilla essence and a pinch of salt. Mix ground rice with a little milk, add the cocoa, salt and sugar. Boil remainder of milk and pour on the ground rice. Return to the pan and bring to the boil while stirring. Pour into a mould, leave until cold, and (in peace time) serve with whipped cream.

From ISABEL JEANS  
comes this recipe for a delicious

### *SAVOURY*

which, although not strictly speaking a pudding, might yet be counted as such. It consists simply of a

fairly thick slice of fried bread with cooked leek, turnip or fried potato, or all three, piled on and a cheese sauce poured over. Grated cheese might also be used, and in any case brown under the grill and serve immediately.

MISS JEAN'S favourite sweet is a

*CHOCOLATE PUDDING*

that is made in a somewhat original way. The ingredients include 2 oz. margarine, 5 tablespoons self-raising flour, 3 tablespoons golden syrup, 1 tablespoon cocoa and 2 teaspoons egg powder in a little milk.

Rub margarine into flour and cocoa, previously sifted together, then add egg powder and golden syrup, which should be slightly warmed. Put into a greased basin and cover well with greased paper and steam 1½ hours.

FLORA KLICKMANN, WHOSE Books of CHEERFULNESS are too well known to need comment, sends her own copyright recipe for making

*ECONOMICAL SPICE PUDDING.*

The ingredients include 1 lb. cake flour, 6 oz. fat, 1 egg (optional), 2 tablespoons golden syrup, 1 teaspoon ground ginger, 2 teaspoons ground cinnamon, 1 scant teaspoon mixed spice.

Add spices to flour, one at a time, mix well between each. Rub in fat. Melt syrup in a little water, stir into flour with well-beaten egg, adding more water if needed, but don't make it too wet. Fill a well-greased basin three parts full, cover with greaseproof paper and steam 3 hours.

This recipe is particularly good.

MISS ANNA BUCHAN, J.P.,

WELL KNOWN ALSO AS O. DOUGLAS,

the author of so many delightful books, sends  
a most useful recipe which she calls simply

*"PUDDING."*

The ingredients include a little fruit or jam, 4 table-spoons flour, 4 tablespoons suet, 1 teaspoon sugar, 1 teaspoon baking powder. The directions are to well grease the bottom of a small pot. Put in fruit or jam with a little water and bring very slowly to the boil. Sift flour, suet, sugar and baking powder together, mix with hot water, pour batter into pot, and cook slowly for 20 minutes. This pudding can apparently be either baked in the pot, or else covered and steamed. If I may suggest it, the latter process will need a little longer than 20 minutes. In any case, the recipe is a most economical one.

SIDNEY HORLER, THE WRITER OF THRILLERS,

has simple tastes in

*PUDDINGS* as well as *SAVOURIES*.

The first consists of either a roly-poly or turnover with currants and a taste of cinnamon, made in individual portions, so that each person has a small roll or pastie. This saves fuel.

Mr. Horler's favourite savoury consists of  $\frac{1}{2}$  oz. margarine and  $\frac{4}{5}$  oz. grated cheese melted together with the addition of an egg if possible, and the whole poured over a slice of hot dry toast. This again is a recipe requiring little fuel.

THE DISTINGUISHED CLAIRVOYANTE AND AUTHORESS,  
MISS NELL ST. JOHN MONTAGUE,

has equally simple tastes, and her recipe for

*DOLLY JAM SUET PUDDING*

will find favour with many others I feel sure. To make it mix 1 lb. self-raising flour with  $\frac{1}{2}$  lb. suet and pinch of salt, with enough water to make a stiff paste, roll out rather thinly on a floured board, spread as generously with jam as you dare, then roll up and bake in a slow oven for three-quarters of an hour. Serve very hot with, if possible, some grated nuts sprinkled over.

Miss Montague's second choice is for another sweet pudding called

*WARTIME PENNIES PUDDING,*

which is made as follows. Rub 2 oz. margarine into 4 oz. flour, previously sifted with 2 oz. sugar. Add 1 teaspoon baking powder and 1 egg broken directly into the mixture, then mix to a light batter with a little milk. Grease a pudding basin, spread some jam around sides and bottom, pour in mixture and steam for 1 hour. Serve very hot. If liked, add a pinch of ginger to the flour.

That creator of long-legged little girls with enormous bows in their hair, and their graceful mammas,

HILDA COWHAM, THE ARTIST,  
sent me a clever recipe which can be made into a

pudding or used to make scones. Miss Cowham simply calls it

### *SULTANA SCONES or PUDDING.*

The ingredients include 9 oz. flour, 2 teaspoons cream of tartar,  $\frac{1}{2}$  teaspoon bicarbonate of soda, 1 oz. each of lard and margarine, 2 dessertspoons each sugar and sultanas and a little milk. Mix all dry ingredients together and moisten with milk. Bake in hot oven at first, then reduce heat for last five minutes. Cook about a quarter of an hour in all. This applies when making scones, the mixture of course being rolled quickly out and stamped into shape. For the pudding, put the mixture into a greased basin, cover with greaseproof paper, and steam for a little more than an hour.

Miss Cowham's second recipe for

### *CHEESE SOUFFLE*

is particularly good. It calls for  $\frac{1}{2}$  pint milk, 2 oz. grated cheese, 1 oz. butter or margarine, pepper and salt, 1 tablespoon cornflour, 2 eggs if possible.

Blend cornflour with a little cold milk, bring  $\frac{1}{2}$  pint milk to boiling point, pour on to the cornflour stirring all the time, return to saucepan and cook for a few minutes, still stirring, then remove from fire and add butter or margarine, beating well. Allow mixture to cool, then add beaten yolks of eggs and the grated cheese. Whip up the whites of the eggs and fold them in. Turn mixture into a well-buttered dish and bake in a moderate oven for about 20 minutes. Serve in the dish. It will rise up a good deal and be very light.

H. F. BIRKETT,

author of the following books, "THE BOOK OF  
OVERTON," "ISLE OF DREAMES," "PROUD  
DUST," and "BOOKS OF THE NORTH  
COUNTRY,"

says he is a mere consumer of puddings and not a maker, but has also given me the following delicious but inexpensive recipe, for

*ICE CREAM PUDDING.*

To make it, cream 2 oz. butter and 3 oz. sugar, add 2 tablespoons flour and the yolks of 2 eggs. Boil 1 pint milk, pour over the mixture, return to the pan, stir well and cook for a few minutes until it thickens. Whip the whites of the eggs with a little sugar, spread over the pudding and cook in the oven until pale biscuit colour. Serve hot or cold.

"Here," said

J. F. HORRABIN, the well-known artist, when I asked him for some recipes to include in this book, "are two recipes, which I am assured are correct blueprints of puddings. I find them eminently satisfactory." They certainly are! The first,

*STEAMED MEAT PUDDING,*

includes some stewing beef, 1 or 2 slices of bacon, 2 carrots, 2 small potatoes, outside stalks of celery, sprinkle of mixed herbs, salt and pepper.

Cut meat and vegetables in small pieces, add herbs, pepper and salt, cover with boiling water and simmer until meat is tender. Meantime, prepare suet crust. Allow meat to cool. Line greased basin with crust, fill with meat, vegetables and gravy, cover with a

fairly thick suet lid, tie over floured pudding cloth, and steam about 2 hours.

Mr. Horrabin's *BREAD-AND-BUTTER PUDDING* recipe is equally good. The ingredients include slices of bread and butter or margarine, 1 pint milk made from powdered milk and flavoured with a little lemon essence, sugar (a tablespoon) if it can be spared, sultanas, currants, or both, and an egg if available. Arrange bread and butter in a well-greased piedish, sprinkle each layer with fruit. Beat egg and sugar, stir until dissolved, mix in milk, and pour gently over the bread and butter, which should only half-fill dish. Allow to stand for about an hour so that the bread can soak, then bake in moderately cool oven for another hour.

MR. ALBERT LAKER,  
CHAIRMAN OF THE MUNICIPAL JOURNAL,

gave me four most interesting and unusual recipes, which sound extravagant but are actually quite economical. The first he calls

*VELVET FOR TWO,*

and the directions are as follows. Break the yolks of two new-laid eggs into a basin. Add a dessertspoon of caster sugar and stir until thick. Add a tablespoon of rum, brandy or Marsala and stir again. Place the basin in a saucepan containing sufficient hot water to cover the sides of the basin up to the level of the egg mixture. Place the saucepan over a slow heat and continue to stir gently but without intermission until the contents of the basin are warm but not hot. Pour into warmed champagne glasses, and serve with wafers.

A variant can be obtained by placing a few chopped glacé cherries at the bottom of the glasses. Should brandy be used in the first place, a few drops of brandy can be placed in the glasses. The mixture must be about luke-warm, not hot, and the consistency should be as soft as velvet.

The second recipe is called

### *IMITATION BABA.*

To make these, halve some penny buns, scoop out some of the interior. Fill up the cavity with well-sweetened stewed apple, soak the bun in a little rum for an hour, spooning the rum over the top from time to time. Place in a good oven for 15 minutes, or until the buns are thoroughly warmed through. Serve with rum sauce or hot custard poured round the base of the buns. The tops should of course be replaced after the cavities in the centres of the buns have been filled with the apples.

(*Note*.—Cooking sherry could be used in place of rum.  
—I.V.)

### *PRUNES IN CLOVER*

is Mr. Laker's third choice.

Soak some prunes overnight in hot water to which the rinsing of the teapot has been added. Next day boil them until tender in the same liquid. Drain, slit sufficiently to enable the stone to be slipped out. Insert half a blanched almond in its place. Arrange prunes in piedish. Cook 3 tablespoons fine tapioca in  $\frac{1}{2}$  pint milk until soft. Sweeten to taste, add a few drops of flavouring essence. Beat in 1 egg. Pour into the piedish (over the prunes), dot with small pieces of

butter or margarine, and bake in a slow oven to a golden brown.

(*Note.*—An excellent way of making a few prunes go far.)

The fourth of this interesting quartette of puddings is called

#### *EGG STRIP.*

To make it, sift 4 oz. dry flour on to a pastry board. Make a well in the centre. Break in 1 new-laid egg. Add a tiny pinch of salt. Then, using a fork, stir in the flour from the sides until the egg has absorbed all the flour it can. Then knead with the fingers. Cut into two halves. Roll each half out to the consistency of tissue paper. Leave in a warm atmosphere for several hours to dry. Cut into narrow strips, drop into a large saucepan of slightly salted boiling water. Boil hard until tender, roughly half an hour. Drain well, return to the saucepan, add a nut of butter and a sprinkle of sugar. Re-heat. Serve with butter and sugar, jam or golden syrup, to be poured on each plate, not added to the dish. Or, if something savoury be liked, grated Parmesan cheese; but if this be used, sugar must be omitted.

This paste swells very much, and so a large saucepan is required. The above quantity is sufficient for three.

MR. ALFRED BOSSOM, M.P., and MRS. BOSSOM send three delicious, but quite economical recipes, the third being more in the nature of a savoury than a pudding. The first is called

#### *CHERRY PIROGI,*

and to make it you prepare a stiff dough in the follow-

ing manner: take  $\frac{1}{2}$  lb. flour, 1 egg, pinch salt, and water. Sift flour and salt and break egg in the centre, mix in flour, adding a very little water, until a stiff dough results. Roll out thinly in one piece and cut in squares. Fill each square with 2 or 3 stoned cherries. Moisten the edges of the dough and fold over in triangular shape. Place in boiling salted water for 10 minutes, drain and serve in a very hot dish, sprinkle with melted butter, sugar and cream (if possible).

(*Note*.—Almost any fruit could be substituted for the cherries.—I.V.)

The second sweet is called

*APPLE CRISP,*

and to make it you stew some apples with a little butter and margarine and sugar. Add cinnamon and spice to taste; also a small handful of pudding raisins. Place in a flat baking dish to cool. Rub together 4 oz. flour, 2 oz. butter or margarine, 4 oz. sugar, and a pinch of salt. This mixture should be the texture of coarse oatmeal. Don't make it wet. Sprinkle this mixture over the apples and raisins, covering them completely. Dust over with sugar and bake in the oven until crisp and brown.

The Savoury is called

*KIPPERED HORSERADISH TOAST,*

and is made like this. Cream the pounded flesh of a grilled kipper with 1 tablespoon of grated horseradish and  $\frac{1}{2}$  lb. butter (or margarine). Add cayenne and salt to taste. Spread mixture on hot toast, cut into fingers, and serve at once very hot.

## MR. HENRY SARSON,

who, among other achievements, is an expert on cooking, sends these two excellent and practical recipes, the first being for

*SWEET PUDDING.*

This is made in the following way. Take 1 lb. orange peel, finely minced, 1 lb. apples pared, peeled and cut small,  $\frac{1}{4}$  lb. sugar. Boil up together into a conserve. This conserve can be used for tarts or can be mixed up with suet, flour and water in the same way as a boiled currant pudding and then steamed. The recipe depends, of course, upon whether supplies of oranges and apples are available, and quantities can be reduced to half, one quarter, or even one-eighth proportions.

Mr. Sarson's second recipe is for a

*SAVOURY PUDDING,*

which he says is a roly-poly pudding made with minced meat instead of jam. You will need some suet crust. Mince any kind of meat finely and mix with it herbs to taste. If you have fresh herbs in the garden, sage, marjoram, thyme, etc., these are better than the dried herbs. Make same as for roly-poly jam pudding and steam rather than boil. This can also be baked if desired and served with gravy.

## MR. S. W. SMEDLEY,

whose CANNED AND FROSTED FOODS are so well known, chooses for his favourite

*SAVOURY PUDDING*

an ordinary suet pudding, made like a steak and kidney pudding, but filled with a macedoine of vegetables

and  $\frac{1}{2}$  lb. minced fresh beef, with a very little stock to moisten and a sprinkling of seasoned flour. Cover with greaseproof paper or a cloth, and steam 2 hours.

Mr. Smedley's favourite sweet is an

*APPLE FLAN*

made with canned apple slices and a few loganberries, either fresh or canned, sprinkled over. An excellent choice!

**ADELAIDE GREY,**

THE NOTED AND VERY PRETTY BEAUTY EXPERT, enjoys simple food, which may partly explain her youthful appearance and clear complexion. Here is her recipe for

*CHOCOLATE SEMOLINA PUDDING.*

Boil 1 pint milk, sprinkle in  $1\frac{1}{2}$  oz. semolina, and cook slowly, stirring all the time. Mix 2 oz. cocoa to a smooth paste with a little milk, then add to semolina mixture. Allow to cool slightly, then add sugar ( $1\frac{1}{2}$  oz.) and about 10 drops essence of almonds. Serve hot. In peace-time the addition of 2 oz. chopped nuts is a great improvement. This pudding can also be put into a mould and served cold. Some people may prefer vanilla to almonds, but this is quite a matter of taste.

Adelaide Grey's other choice is for

*MOCK MINCE ROLL.*

To make it you will need some short crust, any kind of dried fruit, a little brown sugar, apple and margarine. Roll out pastry to an oblong, sprinkle with dried fruits

and then brown sugar and chopped apple. Dot over with a few flakes of margarine, damp round edges, roll up and press edges together. Bake in a tin for half an hour in a moderate oven. (A little longer baking would not I think come amiss.—I.V.)

From THE NATIONAL TRAINING COLLEGE OF  
DOMESTIC SUBJECTS,

72-78 Buckingham Palace Road, London, S.W.1,  
comes this excellent recipe for

#### *WARTIME PLUM PUDDING.*

Take 2 oz. sago,  $\frac{1}{2}$  pint milk or water, 3 oz. soaked crusts, 4 oz. dried fruit (or less), 1 oz. sugar,  $\frac{1}{2}$  tea-spoon spice,  $\frac{3}{4}$  oz. fat (if available),  $\frac{1}{2}$  teaspoon bicarbonate soda, 1 tablespoon milk.

Soak sago overnight in water. Squeeze water from crusts. Mix all ingredients, adding soda dissolved in the tablespoon of milk, and the melted fat last of all. Pour into a greased basin, cover, and steam for 2 hours.

From the NOTTINGHAM SCHOOL OF COOKERY,  
whose Principal is MRS. MARY E. TOD,  
come two recipes, the first being

#### *SMALL ORANGE CUSTARDS.*

These are made in the following way. Slice an orange thinly, free from pith and pips, lay in the bottom of small individual glasses or silver dish. Cover with a little sugar, put on a little cokernut and pour over a small quantity of good custard. Serve cold. Custard powder may be used in wartime, but in happier times a nicely made egg custard is a great improvement. (Tinned oranges can also be used.)

Mrs. Mary Tod's second recipe is

**SMALL SWISS APPLE PUDDINGS.**

The directions are as follows. When sieving crumbs for frying, keep back the coarser ones that won't go through. Grease lightly some small individual dishes, put a layer of chopped apple at the bottom and a little sugar or treacle, then a layer of crumbs, and repeat till dish is full. Put a dab of margarine on top and cook gently in a moderate oven till apple is cooked and crumbs are nicely golden brown. Serve hot. This may be served cold with some "ersatz" cream on top or a suspicion of grated chocolate. It is a good way of using up stale bread.

MR. T. PEARSON,  
whose unique store is so well known in Nottingham,  
gave me a recipe for

**BAKED FRUIT PUDDING.**

Soak stale bread overnight. Squeeze out all the water, then to  $\frac{1}{4}$  lb. bread add 2 oz. shredded suet, 2 oz. sugar, 2 oz. sultanas and 2 oz. currants. Mix together, put in a piedish, cover with some melted margarine and bake for about 1 hour in a slow oven.

(Extremely good, as I know from experience.—I.V.)

MR. HAROLD H. HOLDEN, A.R.C.A.,  
DIRECTOR OF ART EDUCATION IN BIRMINGHAM,  
appreciates *RUSSIAN CREAM* made in the  
following way:

Take 2 eggs, 1 pint milk, 1 oz. sugar, 2 oz. gelatine. Boil the milk. Mix yolks of eggs together with sugar. Dissolve gelatine, using some hot water for the pur-

pose. Mix altogether with the milk and return to the pan. Take off just before it boils, and then beat whites of eggs very stiffly and mix all together. Add sherry or lemon juice to flavour. Serve in individual glasses, and as cold as possible.

MRS. HOLDEN also gave me the following recipe  
for making *HOT WATER PUDDING*.

Take 1 cup flour, 1 cup boiling water,  $\frac{1}{2}$  cup each sultanas and currants, 1 dessert spoon butter, 1 dessert spoon sugar, 1 dessert spoon soda. Rub butter into flour, add soda and other dry ingredients, pour on boiling water and stir well. Put into a greased basin, cover with greased paper or a cloth, and steam for 2 hours.

*A NEW KIND OF GOOSEBERRY PUDDING*  
recipe was also given me by Mrs. Holden, and is as follows. Stew some gooseberries with sugar and a little water; when cooked beat them through a colander. To every pint of pulp add three well-beaten eggs, 1 $\frac{1}{2}$  oz. butter,  $\frac{1}{2}$  pint breadcrumbs, and beat well. Bake in a dish with a border of pastry around the edge for about 40 minutes. Sift sugar over and serve at once.

(One egg per pint would suffice in wartime.—I.V.)

MRS. SAUNDERS OF HENLEY-ON-THAMES,  
whom many rowing men in particular will remember  
with gratitude and affection, gave me these two ex-  
cellent recipes, the first of which she calls

*FAMILY PUDDING*,  
and is made in the following way. Take 4 oz. bread-

crumbs, 2 oz. plain flour, 2 oz. self-raising flour, 4 oz. chopped raisins, 1 oz. candied peel (if possible), 1 egg or equivalent in egg powder, the juice and rind of a lemon, or lemon flavouring, 3 tablespoons golden syrup, and 1 tablespoon sugar, and 2 oz. margarine. Slightly warm margarine with syrup and sugar. Beat to a cream. Add these to the dry ingredients, finally adding the egg or substitute and lemon or flavouring. Mix well and pour into a greased basin and steam for 2½ hours. Cover with greased paper.

Mrs. Saunders' second recipe she calls

*SIMPLE PUDDING,*

and to make it you will need 6 oz. each plain flour and self-raising flour, 2 oz. margarine, 1 oz. lard, 1 tea-spoon baking powder, and 2 tablespoons golden syrup. Rub lard and margarine into flour, warm syrup and add same. Mix very well. Add baking powder and pour into a greased basin, cover with greased paper and steam 2½ hours. Serve with sweet sauce.

(*Note*.—Mrs. Saunders, now retired and living in Henley, owned, until recently, a guest house, where rowing men used to stay, particularly in Regatta week. It was said that "her crews" always won.)

MR. W. WILLIAMS,

Chief Engineer of the Midland General Omnibus Co.  
and NOTTS. & DERBY TRACTION CO.,

says he is always happy when Mrs. Williams makes either of the two following puddings, the first being a

*SAVOURY BATTER.*

This pudding simply consists of an ordinary Batter

Another recipe from Mrs. Burchell is for a very useful

### *STEAMED PUDDING.*

The ingredients for this include 1 lb. flour,  $\frac{1}{2}$  lb. suet, as much dried fruit as you can afford, a little mixed spice, ginger, and  $\frac{1}{2}$  teaspoon bicarbonate soda with 1 teacup warm water.

Sift flour with spices, add suet, and then the fruit, with the bicarbonate soda dissolved in the warm water last of all. Stir quickly and put into greased basin, cover with greased paper and steam for at least 2 hours.

### *CAPTAIN MEE,*

the Camps Manager at Kennylands Camp, Kidmore End, Nr. Reading, persuaded his Chef, Mr. Treagus, to send me the recipe for the pudding which is such a favourite with the school boys at present evacuated to the Camp. It is called

### *BAKED DUCHESS PUDDING,*

and the quantities given here are for 250 people. Take 24 lb. self-raising flour, 9 lb. fat, 6 lb. sugar, and egg substitute, with some essence of lemon.

Rub fat into sifted flour, sugar, and egg substitute. Mix with milk until fairly soft, spread in square tins  $1\frac{1}{2}$  ins. deep, and lightly cook. Cut into portions and mask each with jam before serving.

My Nephew and Godson, CHRISTOPHER ROWLAND, has no claim to distinction, but the recipe for his favourite pudding which he wrote out for this book

with such care is so good and quite different from the rest that it really must be included. It is called

### *CHOCOLATE PUDDING*

and the recipe is as follows:—Beat 3 oz. margarine with 3 oz. sugar, drop in 1 egg, unbeaten, and then beat in gradually 6 oz. flour and 1 good dessertspoon cocoa. Bake in a greased piedish until risen and a rich brown. Make a sauce by melting 2 tablespoons of syrup with 1 oz. margarine and juice of 1 lemon, or a few drops of lemon essence. Serve in the piedish. My younger nephew Robert, Christopher's brother, is, incidentally, a devoted lover of *all* puddings and therefore has no favourites.

### PART III

## RECIPES FROM HOTELS, RESTAURANTS, AND OVERSEAS.

In spite of wartime restrictions some hotels and restaurants are producing delectable puddings, both sweet and savoury. In fact, their respective chefs appear to have gained inspiration from these very restrictions, and so renewed their genius.

From the SAVOY HOTEL comes this recipe for  
*WOOLTON PIE*,

which is not, strictly speaking, a pudding, but so good and inexpensive that I must include it. I am informed that this pie was invented by the Savoy Chef, Monsieur François Latry, shortly after Lord Woolton started the Carrot and Vegetable drive. He came to lunch at the Savoy, and M. Latry made for him this special dish. Lord Woolton found it excellent, and gave permission for it to be named after him.

Since then, it has appeared regularly two or three times a week on the Savoy menu. Lord Woolton himself often asks for it when he lunches there, and on one occasion the pie was sampled by the Prime Minister. Here is the recipe for this famous pie.

1 lb. potatoes, 2 lb. carrots,  $\frac{1}{2}$  lb. mushrooms, 2 spring onions, 1 small leek, 2 oz. margarine or chicken fat, salt, pepper, nutmeg, chopped parsley, and one small faggot made of 1 small bayleaf, 1 small branch of thyme, parsley and celery.

Peel potatoes and carrots, cut them into slices about the size of a large penny. Wash them well and dry on

a clean cloth. Fry them separately with a little chicken fat. Then do the same with mushrooms, adding the onions and leek, minced. Mix the whole. Season with salt, pepper, a little nutmeg and some coarsely chopped parsley. Fill with this a piedish and place in the centre the small faggot of herbs. Moisten with a little giblet stock or water and allow to cool. Cover the piedish with a paste made with beef dripping or chicken fat and a little margarine. This should be an ordinary short crust, using the proportion of 2 oz. fat to 8 oz. self-raising flour and enough water to make to a stiff paste. Roll out and use as required. Cook in a very moderate oven for 1½ hours.

The official recipe for Woolton Pie from the Ministry of Food varies a little from the Savoy recipe, and is as follows:—Take 2 lb. of mixed diced vegetables, 3 or 4 spring onions, if possible, 1 teaspoon vegetable extract or gravy powder, and 1 tablespoon of oatmeal or wheatmeal flour.

Cook these ingredients with just enough water to cover for about 10 minutes, stirring occasionally to prevent them sticking. Allow to cool, turn into a piedish, sprinkle with finely chopped parsley and cover with potato crust or wheatmeal pastry. The recipe for pie crust without fat, which is also recommended, is as follows:—

Mix together 8 oz. wheatmeal flour, 1 pinch of salt, 1 level teaspoon baking powder and a pinch of powdered sage. Stir in nearly a teacup of cold milk or milk and water, then knead the mixture lightly, and roll out as you would ordinary pie crust. Use to cover the pie, bake in a moderately hot oven until crisp and brown, then serve at once and very hot, with a good gravy. I have found that the addition of 2 or 3 level

tablespoons grated raw potato makes the pastry much lighter.

### THE SAVOY HOTEL

also sent me the recipe for a delicious sweet pudding called *BROWN BETSY A LA SAVOY*.

It is made as follows.

Grease a piedish. Put in a layer of sliced apple, only the cores being removed and not the peel. (You can use dried apple rings instead.) Mix together with some wholemeal cake or breadcrumbs, chopped up dates, raisins or sultanas, or a mixture of all three. Fill the dish with alternate layers of this mixture and sliced apple (or apple rings, the latter having previously been soaked overnight). Make a syrup of anything that is handy, *i.e.*, treacle, golden syrup, honey, any kind of jam, marmalade or Barbadoes sugar, and a little water. Pour this into the dish at each corner. Put some small pieces of butter or margarine all over the top and bake in a moderately hot oven for half an hour.

### THE RITZ HOTEL

contributes these delicious recipes for making  
*CHEESE PUDDING*.

The first is as follows. Put 2 oz. butter into a basin, warm it and beat to a cream, then mix in  $\frac{1}{2}$  lb. finely grated cheese, 2 tablespoons white sauce and 2 eggs, or the equivalent in frozen or dried eggs, beaten until quite light. Sprinkle over a little grated nutmeg and salt and pepper to taste, turn the mixture into a well-buttered basin, put it in a moderate oven and bake till a light brown. When done, turn it out on to a dish and serve very hot with slices of toast for garnish.

The second recipe is similar, and we are directed to mix together  $\frac{1}{2}$  lb. grated cheese, 2 oz. butter, 8 eggs, and a little cayenne and nutmeg. Butter a small pan, pour the mixture in and bake for 20 minutes. Serve at once and very hot. This is sufficient for a supper dish for four people.

The third recipe is lighter than either the first or second.

To make it, put 1 oz. butter into a saucepan, slice thinly into it  $\frac{1}{2}$  lb. cheese and add  $1\frac{1}{2}$  teacups milk. Stir this over the fire until the cheese is melted. Then take the saucepan from the fire and add the yolks of 2 eggs, stirring them well in. Beat the whites to a very stiff froth and stir them in very lightly; then pour all into a small pudding dish, bake in a quick oven for 10 minutes and serve at once.

The fourth recipe for cheese pudding is the most simple. Put into a saucepan 1 pint fresh milk,  $3\frac{1}{2}$  oz. sifted breadcrumbs, 2 beaten eggs and  $\frac{1}{2}$  lb. grated cheese. Put the saucepan over the fire and stir until the cheese is melted, then pour into a buttered dish and brown in a Dutch oven before the fire. (Or, if you do not possess a Dutch oven, place it under the grill.)

The Ritz Hotel also sent me this very practical recipe for *APPLE CHARLOTTE*.

Well butter an apple charlotte mould and line with pieces of bread, each piece slightly overlapping the other and of uniform size. Peel, core and thinly slice twelve apples, then simmer them with a little butter, and 2 tablespoons powdered sugar, and when the apples are cooked and reduced to a thick puree, add

3 tablespoons apricot jam. Fill the mould with this mixture, taking care that it is heaped well, as it will sink in cooking. Cover with a thin slice of bread sprinkled with melted butter and cook in a medium oven for 35 minutes.

The Charlotte should be removed from the mould before serving. (If you do not possess a Charlotte mould an ordinary rather deep mould will do.) Previously soaked apple rings can of course be used in place of the fresh apples.

### *PUDDING OF CHICKEN LIVERS BRESSANNE*

comes from the DORCHESTER HOTEL,

Park Lane, and is perhaps a little more expensive than most of the puddings in this book, but you can substitute calves' liver for the chicken livers. The recipe is as follows, and is enough for four people. Take 8 chicken livers chopped finely,  $\frac{1}{2}$  lb. stale bread soaked in milk, 1 dessertspoon chopped onions, 1 whole egg, salt, pepper, and mixed spices.

Fry the livers with the onions for a few minutes. Mix all the ingredients. Press into a basin and either steam or bake for 45 minutes. Serve with tomato sauce. The steaming or baking processes result from experiments made at home. The original recipe merely says cook for 45 minutes.

### *PUDDING DORCHESTER*

is the sweet pudding recipe from the hotel of that name. To make this pudding you will need 1 pint milk, 2 oz. semolina flavoured with vanilla,  $2\frac{1}{2}$  oz. sugar, 2 yolks of eggs, 2 tablespoons raspberry jam, and 2 oz. sultanas.

Cook semolina in milk with sugar and vanilla for 10 minutes. Add sultanas and beaten yolks of eggs and put in moulds. Serve cold with raspberry sauce, which is raspberry jam mixed with a little warm milk or water.

The moulds are, I find, better for being steamed for about 25 to 30 minutes.

From the REFRESHMENT DEPARTMENT  
OF THE HOUSE OF COMMONS

come two excellent recipes, the first being a

*SOUFFLE PUDDING,*

made by taking  $\frac{1}{4}$  lb. sugar,  $\frac{1}{4}$  lb. butter, margarine or lard,  $\frac{1}{2}$  lb. flour, 1 pint milk, and 6 eggs or equal amount of egg substitute.

Mix flour and sugar and rub in butter or other fat, bring milk to the boil and add to the mixture, little by little, whisking until smooth, take away from stove and add beaten eggs or egg substitute. Have ready mould buttered and sprinkled with sugar, fill three parts full with the mixture and steam slowly, using a Bain Marie if possible. This pudding can be flavoured with lemon, orange, chocolate, coffee or with chopped almonds, currants or raisins. It is generally served with a fruit sauce or light custard.

The savoury pudding, favoured by members, is, like the sweet one, a little extravagant for wartime, but can, nevertheless, be reserved for special occasions, or for the post-war days when the lessons we have learned in wartime cooking can bear full results. To make this savoury, which is called

*FLAN CROUSTADE or  
TARTELETTE OF MUSHROOMS.*

you will need  $\frac{1}{2}$  lb. mushrooms, 1 eschalot, 1 onion, 2 eggs or substitute, 2 oz. flour,  $\frac{1}{2}$  pint milk, grated cheese, Mornay sauce and 2 oz. butter or margarine. Thoroughly clean mushrooms, keeping 4 large ones back, chop eschalot, onion, and remaining mushrooms. Melt butter in a saucepan, add the chopped mixture and fry, stirring until moisture is evaporated, add flour, remove from stove, add eggs or substitute, a little milk, and season well. Have a flan ready cooked. Fill with mixture. Slice the 4 large mushrooms and lay on top, cover with Mornay sauce, sprinkle with grated cheese, and brown under the grill. This savoury can be served hot or cold.

**THE PICCADILLY HOTEL**

sends these two delicious recipes which, I think, most of us will also reserve until peace returns. The first is called

*SOUFFLE AU FROMAGE.*

To make it whisk 6 egg yolks to a thick creamy sauce, add salt, pepper, grated parmesan cheese and discs of Gruyere cheese with a pinch of cayenne pepper. Add the whites of the 6 eggs beaten to a stiff snow. Pour into a buttered pudding basin and cook in a medium oven until golden brown. The cheese can be replaced by grated carrot, swedes, spinach leaves or shredded haddock.

The sweet recipe given by the Piccadilly Hotel is  
*SOUFFLE ARLEQUIN.*

To make it beat 8 oz. sugar and 6 egg yolks to a

cream, add 2 oz. flour, and over this pour 1 pint boiling milk flavoured with vanilla. Beat to a cream. To one half of the mixture add chocolate powder. Beat the egg whites to a snow and add one half to each separate cream mixture. Butter a pudding dish, sugar the sides, pour the mixture in, first the vanilla and then the chocolate, and cook in a medium oven until set. Serve at once.

From SIMPSON'S-IN-THE-STRAND

come these four delectable and typically English recipes. I quote their generous proportions exactly, but there is no reason why the amounts given should not be halved or even quartered, if size of family and ingredients to hand make this expedient. For the first,

*STEAK, KIDNEY, MUSHROOM AND  
OYSTER PUDDING,*

which is enough for six people according to the Simpson generous tradition, you will need 3 lb. stewing steak, 1½ lb. ox kidney, 1 lb. mushrooms, 12 oysters, 1 chopped onion, 1 tablespoon flour, pinch of mixed herbs, salt and pepper. For the suet paste you will need 2 lb. flour, 1 lb. chopped suet, 1 pint water, pinch salt.

Cut steak and kidney into equal sizes, add seasoning, chopped onion and mushrooms sliced small. Mix all together with the flour, and place in a basin already lined with the suet paste. Add a teacup of water and cover basin with remaining suet paste. Steam or boil for 3½ hours. Add oysters, partly cooked before serving.

Suet paste, as you do not need me to tell you, is made

by mixing the flour, finely chopped suet and the salt, and then forming into a dough with the water. Roll lightly out on a floured board, and use as required.

### *SIMPSON'S CHRISTMAS PUDDING*

is made by mixing all the following ingredients thoroughly together, adding the spirits and beer last, and steaming or boiling in well-buttered and covered basins for 8 to 10 hours. These ingredients include 2 lb. Demerara sugar, 2 lb. stoned raisins, 2 lb. bread-crumbs, 2 lb. chopped suet, 1½ lb. mixed chopped peel, 1 lb. currants, ½ lb. sultanas, ½ lb. flour, ½ lb. chopped almonds, 2 oz. preserved ginger, zest of 5 lemons, juice of 2½ lemons, 10 eggs, 1 teaspoon mixed spice, ½ teaspoon ginger, 2 liqueur glasses each of rum and brandy, ½ pint stout, ½ pint old ale.

Shades of pre-war days—and we hope post-war ones also !

### *KENTISH CHICKEN PUDDING,*

also from Simpson's, is made by taking 2 chickens each weighing 2½ lbs., 1 lb. salt belly of pork, 12 small button onions, chopped parsley, salt, pepper, and ½ pint water.

Partly cook pork and cut into pieces. Remove legs from chickens and cut breasts in two. Place layer of chicken, pork, onions and chopped parsley, and build up until the basin is full (first lining basin with suet paste made as previously directed), add water, and cover with suet paste. Boil for 3 hours. Serve with this, if you like, a sauce made from the liquid from stewing chicken pieces, thickened lightly with arrow-root, and then adding 1 gill of cream and a little chopped parsley.

The fourth recipe from Simpson's is

### **MANCHESTER HOT POT**

for four persons, and is made by taking 3 lb. best end neck of mutton, 1 lb. sliced potato,  $\frac{1}{2}$  lb. peeled tomatoes,  $\frac{1}{2}$  lb. sliced Spanish onion, tablespoon A.1 sauce, 1 pint water, pinch of mixed herbs, pepper and salt.

Cut neck of mutton into neat cutlets and place in a fireproof stew-jar with layer of onions on top. Add tomatoes, sauce and mixed herbs, and lastly the sliced potatoes and water. Place greased paper on top before putting on cover and bake in a moderate oven for 2 hours. Skim off all grease and lightly brown top before sending to table.

### **THE ROYAL AUTOMOBILE CLUB,**

known to so many people, sends the two following excellent and practical recipes, the first being

### **SAVOURY SUET PUDDING,**

which is made as follows. Make a paste of flour, shredded suet and water, and a little salt. Prepare a mixture of minced meat and mixed chopped vegetables, highly flavoured and seasoned. Roll out paste to  $\frac{1}{2}$  inch thickness, spread over it the mixture of meat and vegetables, and roll up. Tie in cloth and boil in hot water, or steam for a considerable time. (*Note.*—The time would depend upon the size of the pudding, 1 $\frac{1}{2}$  to 2 hours being sufficient for a pudding made with not more than  $\frac{3}{4}$  lb. of suet paste.) Serve with thick meat gravy.

*MINCEMEAT ROLY-POLY,*

the second recipe from the Royal Automobile Club, is equally good and simple to make. You will need 8 oz. self-raising flour,  $\frac{1}{2}$  teaspoon salt, 3 oz. chopped suet, cold water to mix, 8 oz. mincemeat. Put flour, salt and suet in a basin and mix them together and add sufficient water to form a soft dough. Roll out the paste to an oblong shape, about one-third of an inch in thickness. Spread the mincemeat over the surface, damp the edges and roll up. Tie the roll rather loosely in a dry cloth, and steam or boil for 2 hours. Turn out and serve very hot.

*THE DEVONSHIRE CLUB, St. James's, S.W.1,*

sends recipes for two boiled puddings. To make the first take as a basis 1 $\frac{1}{2}$  lb. breadcrumbs, 2 oz. margarine or lard, 4 oz. flour, 2 oz. sugar, golden syrup or honey, pinch of spice and ginger. Rub margarine into flour and then mix with the breadcrumbs, golden syrup or sugar and spices, moisten with milk, made from dried milk, in which 1 oz. of dried eggs has been soaked, until mediumly soft, put into a basin, cover with a pudding cloth and boil for about 2 hours. To this foundation may be added sultanas, currants, raisins, dates or figs. For the latter it is better to boil first, using the liquid, just thickened with arrowroot or cornflour as a sauce, otherwise make a custard that is not too thick.

Incidentally, if you are short of custard powder, take  $\frac{1}{2}$  pint milk, bring to the boil with one bay leaf, couple of cloves, piece of cinnamon or a grating of nutmeg; mix about 1 oz. flour, a little sugar or sweetening, and some dried egg powder, pour the milk on to this,

whipping all the time, then boil, stirring well and allowing to boil for 4 or 5 minutes.

For the second pudding, cut into small dice any stale cake and put into small moulds or a basin. Take 3 oz. dried eggs, soak in 1 pint milk, half fill the moulds with this and let stand for 10 minutes, then fill up your moulds with the egg and milk mixture, stand in a pan of boiling water and bake in a medium oven. These will take about 30 minutes for the small size, and to test press the centre with your finger. If firm to the touch it is cooked. Turn into a dish after allowing a few minutes to set, and serve either hot or cold with custard or jam sauce.

From THE SAVAGE CLUB,  
meeting place of so many famous and gifted men,  
comes the following recipe for

#### *FIG PUDDING.*

Take  $\frac{1}{2}$  lb. dried figs,  $\frac{1}{2}$  lb. cooking fat,  $\frac{1}{2}$  lb. breadcrumbs,  $\frac{1}{2}$  lb. self-raising flour, 1 teaspoon ground ginger, 2 teaspoons mixed pudding spice.

Cook figs first. Strain off and chop up roughly. Rub fat into flour, then sift in breadcrumbs, add all other ingredients, including figs. If mixture is too dry add a little syrup from the figs. Put into greased basin, cover with greaseproof paper and steam for 2 hours.

The next recipe from the Savage Club is

#### *SAVOURY PIE*

and is particularly good. The ingredients include  $\frac{1}{2}$  lb. corned beef or pork loaf or cooked meat cut in small

squares, 1 lb. potatoes, 1 lb. savoy or spring cabbage, 1 chopped leek or onion.

Peel potatoes, clean and slice. Shred cabbage. Place 1 layer cabbage on bottom of piedish, then layer of meat covered with a layer of potato. Season each layer with salt and pepper, and continue the layers like sandwiches. Pour in some water or vegetable stock, then cover with short pastry and bake for 1½ hours in a medium oven.

From HARRODS GEORGIAN RESTAURANT come the recipes for two excellent sweet puddings, the first being

*BIRD'S NEST PUDDING,*

which is made as follows. Pare and core a few moderate sized cooking apples and put them in a stewpan with a small quantity of water, then cook until tender. Put a heaped tablespoon of sago in a saucepan with 1 pint water, a little lemon or vanilla essence and a little sugar, and boil until reduced to a jelly, stirring frequently with a wooden spoon. Turn sago into a dish, put apples in it, and place on each apple a small quantity of raspberry, currant, or strawberry jam. Serve cold.

The second recipe,

*PEMBROKE PUDDING,*

is made like this. Finely chop 2 oz. beef suet and mix with it 1 breakfastcup of finely grated breadcrumbs, 2 tablespoons sugar, 1 pint milk, and a little spice. Turn into a piedish and bake for half an hour. Serve hot with jam.

THE MIRABELLE RESTAURANT IN  
CURZON STREET, LONDON, W.1,

sends the following most practical recipe for inclusion in this Anthology of Puddings. It is called

*CORNED BEEF PUDDING,*

and the ingredients are as follows:—2 lb. corned beef,  $\frac{1}{2}$  lb. carrots, 1 small onion or 1 white part of a leek, 1 branch celery, salt, pepper, nutmeg. Teaspoon Worcester sauce, water.

Line pudding basin with dough made by rubbing 2 oz. suet into 1 oz. breadcrumbs and 4 oz. flour and mixing with a little salted water to a stiff consistency. Keep back a little of this dough for the top of the pudding. Meanwhile, cut beef into dice about an inch square, chop or shred carrots, onion or leek and celery, add seasoning. Put into basin, add a little water, put on pastry lid and seal well, then tie over with a cloth like a Christmas pudding and boil for about 3 hours. A few mushrooms would improve.

THE PUNCH BOWL HOTEL, RICHMOND, YORKSHIRE,  
makes this extremely good

*HALF PAY PUDDING.*

Take thick squares of bread and spread with jam. Place 2 squares together to form a sandwich. Dip in ordinary flour batter containing a teaspoon salad oil, fry until a golden brown on both sides, and serve at once and very hot, sprinkled lightly with sugar.

From the NOEL ARMS HOTEL,  
CHIPPING CAMPDEN, GLOUCESTERSHIRE,  
comes a recipe for this delicious

**RASPBERRY SPONGE.**

To make it you will need 1 pint raspberry jelly melted in 1 pint hot water, a quarter pint cream, and  $\frac{1}{2}$  tin Ideal milk.

Melt jelly in water, which should be very hot but not quite boiling, stir well and leave until it begins to set. Now beat well until it is double the quantity and pale pink in colour. Fold in the cream and Ideal milk but do not beat. Fruit of any sort can be folded into the sponge as well. The Proprietor, Mrs. Sandison, adds that this recipe has been asked for scores of times, but has always been refused.

I found that the secret of the success of the pudding lies in the very thorough beating, and with a light hand, which it must have before it doubles in quantity and becomes the desired pale pink.

**MR. JOHN HODGSON,**

the Proprietor of the Percy Arms Hotel, Otterburn S.O., Northumberland, wrote in reply to my request for his favourite recipe: "I enclose recipe for a favourite pudding made at this hotel. This recipe was given by an old cook who was with us for many years, who got it from a chef in the employ of the late Queen Victoria, and it was a favourite in her household. It is called

**LEICESTER PUDDING,**

and is made in the following way:—Take  $\frac{1}{2}$  each flour.

breadcrumbs and suet,  $\frac{1}{2}$  lb. stoned raisins, 1 tablespoon brown sugar,  $\frac{1}{2}$  pint boiled milk, and 1 teaspoon bicarbonate of soda.

“Rub fat into flour and breadcrumbs, add fruit and sugar, mix soda with a little warm water, mix altogether, and steam  $2\frac{1}{2}$  hours. The recipe also gave the grated rind of 1 lemon, but I have left this out since lemons are unobtainable. The pudding is served with sherry or rum sauce.”

#### THE FRIARY HOTEL, DERBY,

sends the following most practical recipe, which is called, appropriately, *FRIARY PUDDING*.

Take 1 lb. flour,  $\frac{1}{2}$  lb. suet,  $\frac{1}{2}$  lb. mixed fruit, 2 oz. sugar, saltspoon nutmeg, pinch of salt. Mix with milk to a stiff consistency and steam for  $2\frac{1}{2}$  hours in a greased basin. The flour should be self-raising, of course.

#### From THE NEW HOTEL, DUNGEON GHYLL, GREAT LANGDALE, AMBLESIDE, comes their special recipe for *LANGDALE PUDDING*

that is, perhaps, rather luxurious for wartime, but is a recipe that can be reserved for post-war days. Take  $\frac{1}{2}$  lb. each butter or margarine, sugar, flour and eggs, the latter being 4 in number, and 1 pint of milk.

Beat butter and sugar to a cream, beat eggs very thoroughly and add alternately with flour, and lastly add milk. Pour mixture into a flat tin, bake half an hour in a moderate oven, cut in squares, and serve with raspberry jam on top.

The well-known Hostelry, JERRY & BEN COTTAGE,  
HEBDEN, NR. SKIPTON, YORKS.,

is responsible for the following four splendid recipes. Normally this hotel is particularly famous for jellies and creams. The four following recipes are being served there now. The first is called

### *STEAMED SAUSAGE PUDDING*

and is made like this. Line a pudding basin with suet paste, fill with alternate layers of sausage meat and suet paste, finishing with suet paste. Cover with greaseproof paper and steam for  $2\frac{1}{2}$  to 3 hours. Serve with a good gravy.

The second, *SAVOURY YORKSHIRE PUDDING*, is easy to make and good to eat. You will need 2 tea-cups flour, 2 eggs, 1 onion, mixed herbs, enough milk to make a smooth batter, a little water, pepper and salt to taste.

Mix salt, pepper and flour, break the egg into the flour and beat well, adding the milk as you do so. Stir in the onion, finely minced, and the herbs, together with a little water. If milk is short, more water may be used. Bake for three-quarters of an hour in a very hot tin in which 1 oz. of dripping has been melted. The oven should be hot. Serve this pudding also with a good gravy. It is an excellent dish for meatless dinner, high tea or supper.

### *JERRIBENO PUDDING*

is a delectable recipe for using up stale bread.

Soak the bread in water, when soft squeeze it as dry as possible. Spread a piedish rather thickly with mar-

garine, and over the bottom spread a layer of the bread. Cover with a layer of mincemeat, add another layer of bread and then more mincemeat, covering finally with bread. Sprinkle well with sugar and pour over it, wetting the sugar, a little milk in which an egg has been beaten up. Bake in a hot oven for about an hour.

### **RASPBERRY SPONGE PUDDING**

is really rather for special occasions. To make it you will need  $\frac{1}{2}$  lb. self-raising flour,  $\frac{1}{2}$  lb. granulated sugar,  $\frac{1}{2}$  lb. margarine, 1 egg and a little milk. Rhubarb, a few raspberries or a small tin of raspberries, or raspberry jam, sugar.

Cover the bottom of a piedish to the depth of about 3 inches with the rhubarb, cut up small, sprinkle with sugar, and cover with raspberries or raspberry jam. Add a very little water. Spread over the sponge mixture made thus:—

Beat the sugar and margarine to a cream, add the egg and beat in the flour and milk to a soft dough, working as quickly as possible. Bake for 1 hour in a moderate oven and serve with custard. Cream in peace-time.

From the **BELL INN, MELMESBURY, WILTS.**,  
comes this **WARTIME PUDDING** recipe,

which the Chef makes, and which is very popular with patrons of the Bell Inn.

You will need  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. margarine,  $1\frac{1}{2}$  self-raising flour, 1 tablespoon egg powder, 1 tablespoon cocoa, pinch of salt.

Sift flour, salt, cocoa and egg powder together, cream sugar and margarine separately, and then add to the flour mixture, rub in as if making a cake, and when well mixed add milk, but do not make too moist. Beat a little, then put into a greased basin, cover and steam for 2 hours. Serve either with or without sauce or custard.

From the GLENRIDGE HOTEL at lovely  
VIRGINIA WATER, SURREY,

comes this recipe for *CANARY PUDDING*,  
the ingredients including 3 eggs or equivalent in egg  
substitute and 6 oz. each sugar, flour and margarine.  
Beat margarine and sugar to a cream, add flour and  
eggs or egg substitute alternately with the flour. Beat  
as for an ordinary sponge pudding. Put some golden  
syrup in a greased pudding basin, add mixture, cover  
with greaseproof paper and steam for 3 hours.

An unusual pudding called *TOFFEE APPLE TART*  
is a speciality of the  
NORMAN MEDE HOTEL, WINCHESTER.

It is made like this. Butter a piedish, run some golden  
syrup all round dish, then springle brown sugar all  
over. Line dish with pastry, fill with cut up apples  
and some lemon flavouring, cover with pastry, and  
bake in a fairly quick oven until the pastry is golden  
brown. Turn out and serve hot. Any kind of pastry  
will do, and if preferred the apples may be partly  
cooked before being put in the tart.

THE LITTLE WHITE HART at HENLEY-ON-THAMES  
serves a delicious savoury pudding called  
*VICTORY ROLL*  
that is made in the following way.

Mix 1 lb. flour with  $\frac{1}{2}$  lb. suet and add enough water to make a stiff dough. You will of course have to sift in a teaspoon of baking powder with the flour, unless self-raising flour is used. Roll out on a floured board and spread over some finely chopped rashers of bacon together with some chopped parsley and seasoning to taste. Wrap in greaseproof paper and then in a cloth, plunge into boiling water and simmer gently for two or three hours.

A sweet pudding, named appropriately

*HENLEY PUDDING,*

is made at the same hotel. This calls for 3 teacups flour, 4 teacups fine breadcrumbs,  $\frac{1}{2}$  lb. suet,  $\frac{1}{2}$  teacup sugar, small teaspoon baking powder, a saltspoon spice, 2 teaspoons egg powder and a few currants, raisins and sultanas.

Mix all well together and form into a stiff dough with a little water. Put into greased basin, cover with greaseproof paper and steam steadily for 3 hours.

*THE SHAP WELLS HOTEL*

has been requisitioned by the Army, but here is the recipe for a pudding which was popular there until recently. It is called

*HERB PUDDING,*

and to make it you take some young nettles and all kinds of green vegetables from the kitchen garden and wash all very thoroughly. Boil till tender and then tie

in a pudding cloth with some barley and boil. When the barley is cooked, turn into a basin and beat in an egg. Put into a greased pudding basin and then steam for  $1\frac{1}{2}$  hours, just as for an ordinary boiled pudding. The pudding should, of course, be seasoned to taste with salt, pepper and, if liked, a tiny pinch of sage.

Here are some really glamorous pudding recipes from  
SOUTH AFRICA.

Some of these must be kept until peace returns, but the majority can be made now with wartime ingredients to hand. The first is a recipe for

***BREAD AND BUTTER PUDDING,***

and comes from a Dutch family cookery book that is over 100 years old.

To make this pudding, take a small loaf of white bread, cut very thin, butter each slice and soak in milk. Carefully butter a pudding dish, lay the soaked bread and butter in layers in the dish, sprinkling over each layer some blanched and sliced almonds, some slices of citron, sugar and currants, till the dish is nearly full, the top layer to be bread and butter. The recipe blithely continues to "whisk up 4 eggs with a spoonful of rose water, and slowly add a quart of hot boiled milk." Bake in a moderate oven.

In the process of baking the pudding may become a little dry. If so, pour some more milk and egg over it.

**KLUITJIES (DUMPLINGS) AND CINNAMON SAUCE**

is a more practical pudding for wartime days. You will need 2 breakfast cups flour, 6 level teaspoons baking powder, and  $\frac{1}{2}$  teaspoon salt.

Mix together thoroughly and add enough water to form a soft dough that is stiffer than a cake batter and a little softer than scone dough. Have a pot of boiling water on the fire to which a little salt should be added, allowing about a teaspoon to every 4 cups of water. With a dessertspoon form the dough into dumplings and drop into the boiling liquid. Allow to cook gently for 15 minutes, then remove with a perforated ladle on to a hot dish. Pour melted butter over and sprinkle with sugar mixed with a little cinnamon. If liked, currants or raisins may be mixed with the flour.

### *THE CINNAMON SAUCE*

is made like this. Take 1 breakfast cup of the water in which the Kluitjies were boiled, add an inch of stick cinnamon and boil a couple of minutes. In the meantime melt 2 tablespoons butter (or margarine) in a saucepan, add 2 tablespoons flour and allow to cook for a minute or two. Then gradually add the cup of boiling water and cinnamon and a  $\frac{1}{2}$  cup sugar. Stir until thick and smooth.

### *MEBOS*

is a particularly delicious South African sweet. Take 2 $\frac{1}{2}$  lb. dried apricots and soak in 1 $\frac{1}{2}$  pints water for 4 or 5 hours, then drain from the water and put through a mincing machine, but do not boil the apricots. The pulp should not be too moist, otherwise it will be necessary to mix it with dry unsoaked apricots, also put through the mincing machine. Now take this pulp and mix with it 2 oz. salt. Form into round balls, then flatten a little, roll in granulated sugar, and place on wire sieves to dry.

*RAISIN PIE*

is a delicious and satisfying dish. You will need 1 breakfast cup each raisins and water, 2 tablespoons cornflour,  $\frac{1}{2}$  breakfast cup sugar, grated rind of an orange, pinch of salt, and  $\frac{1}{2}$  teaspoon ground cinnamon. Put raisins and water on the fire and allow to stew gently until the raisins are tender. Meanwhile, mix together cornflour, sugar, salt and cinnamon and stir into the boiling raisins and cook until thick. Then remove from fire and add the grated orange rind. Pour into a pie-plate or dish lined with sweet pastry, then cover with pastry, puffed if possible, on top. Bake in a hot oven of 450 to 500 degrees F. for 20 to 30 minutes without reducing the heat. Complete with lowered heat, if necessary.

*JELLIED PLUM PUDDING*

is a typically South African recipe. The ingredients include 1 packet raspberry jelly, 1 breakfast cup stale breadcrumbs,  $\frac{1}{2}$  cup each seeded raisins, sultanas and mixed finely chopped peel, also  $\frac{1}{2}$  cup dates and  $\frac{1}{2}$  cup chopped walnuts with  $\frac{1}{2}$  teaspoon ground cinnamon.

Wash raisins, sultanas and dates in hot water, remove stones from dates and cut into quarters. Dissolve jelly in  $1\frac{1}{2}$  cups hot water, add breadcrumbs and cinnamon and leave in a cold place. When on the point of setting, add fruit and chopped walnuts. Pour into a wet mould and leave until set. The recipe adds, "Serve with whipped cream." Otherwise this is quite a practical recipe.

This set of pudding recipes comes from AUSTRALIA, the first being

*RICE AND RAISIN CROQUETTES,*

for which you will need 3 oz. Australian raisins, 4 oz.

rice, 1 pint milk, lemon or lemon essence, 2 oz. caster sugar, 1 egg or egg substitute, egg and breadcrumbs, butter for frying.

Stone and coarsely chop the raisins, wash the rice. Put rice into boiling sweetened milk and cook till rice is tender and has absorbed all the milk. Stand to side of stove, stir in lightly beaten egg and the raisins. Turn out and leave till cold. Shape into small sausage-like rolls, coat with egg and breadcrumbs, and fry in hot butter. Drain and serve sprinkled with caster sugar. If you have a fresh lemon the rind of this should be grated and added to the rice and milk. If you have only essence, add just one drop with the raisins.

Australian butter should be used whenever possible when making this dish in peace-time.

The next dish also includes raisins, and is called

#### ***VANILLA CREAM PUDDING AND RAISINS.***

To make it you will need 3 oz. Australian raisins, 1 pint milk, 4 oz. sugar, 2 oz. flour, 2 eggs or egg substitute, vanilla essence, and glacé cherries if possible. Fresh raspberries could be used in summer. Stone the raisins and cut in pieces. Boil the milk. Whisk together in a basin the eggs, sugar and flour, add and stir a little of the boiling milk, turn the mixture into the milk in the saucepan and whisk till boiling. Stir in the raisins and flavour to taste. Rinse out china ramekin cases with cold water and fill them with the boiling mixture. Leave till quite cold and either turn out or serve in the ramekins trimmed with glacé cherries or raspberries.

The final Australian recipe is called

*AUSTRALIAN RAISIN PIE DE LUXE,*

and the ingredients include 2 breakfast cups Australian raisins,  $1\frac{1}{2}$  cups boiling water,  $1\frac{1}{2}$  tablespoons cornflour,  $\frac{1}{2}$  breakfast cup sugar, 1 teaspoon salt, grated rind of 1 orange, 2 eggs or egg substitute, 2 tablespoons fresh lemon juice or 4 drops lemon essence, 4 teaspoons orange juice, 1 cup chopped nuts, and if possible grated rind of  $\frac{1}{2}$  lemon.

Stone and cook the Australian raisins in the water for 5 minutes. Add cornflour, sugar, salt and grated orange and lemon rinds if you have them. If not, add the lemon essence. Cook until thick, add the egg yolks, or egg substitute in full quantity, and nuts. Line a pie-plate or dish with plain paste and cook in the oven to a golden brown. Take out and allow to cool, then fill with the mixture and, if you are using fresh eggs, beat the whites to a stiff meringue and arrange on the top of the pie. Return to oven and bake until meringue is lightly browned.

**CANADA**

sends these four pudding recipes which, even if not possible now, will be very useful in post-war days. The first includes the friendly carrot and is called

*STEAMED CARROT PUDDING.*

To make it you will need 1 teacup each grated carrot, grated raw potato, brown sugar, flour and seeded raisins with  $\frac{1}{2}$  cup chopped citron, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{2}$  cup milk.

Put the carrot and raw potato separately through the mincer. Add the soda to the potato. Sift flour and salt over the raisins and citron. Now mix all in-

gredients together, turn into a well-greased pudding basin, cover with greased paper and steam for 3½ hours.

### *CANADIAN CARAMEL PUDDING*

comes next on the list. To make it you will need 1 cup brown sugar, 4 tablespoons flour, one-eighth spoonful salt, 2 eggs, 2 cups milk, 1 teaspoon vanilla, 1 ounce butter, ½ lb. chopped nuts.

Mix flour, sugar and salt. Add milk which has been brought to the boiling point. Stir and cook until thick. Add well-beaten eggs or egg substitute and cook a few minutes longer, stirring constantly. Add vanilla, butter and chopped nuts. Pour into individual moulds and chill thoroughly. Serve with custard, or in peace-time with whipped cream.

### *CANADIAN COTTAGE PUDDING*

is good and inexpensive, and the ingredients include 1 oz. butter, ½ teacup sugar, 1 egg or egg substitute, ½ teacup milk, ¼ teaspoon salt, 1 teacup flour, and 3 teaspoons baking powder.

Cream butter and sugar and add well-beaten egg or egg substitute. Sift flour and measure. Then sift again with the salt and baking powder. Add alternately to the first mixture with the milk. Pour into a well-greased piedish or tin and bake in a moderate oven at 350 degrees F. for 35 minutes.

### *Finally comes HONEY APPLE PUDDING,*

which calls for 1 tablespoon flour, 4 tablespoons sugar, ¼ teaspoon salt, ½ teaspoon cinnamon; 2 cups sliced peeled apples or soaked apple rings, ½ teacup rolled oats, ½ teacup flour, ½ teacup brown sugar, ½ teaspoon baking powder and 4 oz. butter.

Mix the tablespoon flour, sugar, salt and cinnamon. Sprinkle over the apples and mix well. Put into a well-greased casserole. Sift the  $\frac{1}{2}$  cup flour, brown sugar and baking powder, add the rolled oats and rub in the butter as for pastry dough. Crumble the mixture and sprinkle it over the apples. Bake in an oven at 350 degrees F. for about 30 minutes until the apples are tender. Serve with honey.

#### From AMERICA

come two recipes which, to English ideas, may be used as puddings. In any case they are too good to be left out of this book.

The first recipe is for making

#### *POP OVERS.*

You will need 2 well-beaten eggs, 1 breakfast cup milk, 1 tablespoon butter or other fat, measured when melted, 1 breakfast cup sifted flour, and  $\frac{1}{2}$  teaspoon salt. Whip the beaten eggs into the milk and add the melted fat. Add flour and salt and beat with an egg-beater until quite smooth. Pour into hot greased baking cups (and these *must be hot*), filling the cups not more than half full. Bake at once for 30 minutes in a hot oven at 450 degrees F., then reduce the temperature to moderate, 350 degrees F. and bake 15 minutes longer. The first period of 30 minutes may, in some cases, be reduced to 20 minutes. Serve hot with jam, hot fruit or honey.

The second recipe is for making

#### *GRIDDLÉCAKES,*

for which you will need  $1\frac{1}{2}$  breakfast cups sifted flour,  $2\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, 1 table-

spoon sugar, 1 well-beaten egg, or in England egg substitute, 1 breakfast cup milk, and 2 tablespoons melted fat.

Sift all dry ingredients together. Combine beaten egg, milk and melted fat. Add gradually to the dry ingredients, stirring until the batter is smooth. Bake the cakes on a hot griddle, which is the same as our girdle, or a thick very lightly greased frying pan could be used instead. Turn the cakes with a palette knife when the underside is nicely brown. These cakes are rather like a certain type of scone served in Scotland, and can be eaten hot or cold with syrup, honey or butter.

## PART IV

### PUDDINGS FROM NEAR AND FAR

The four winning recipes in the *Radio Times* Competition which inspired the book appear in this fourth part of it. Two savoury puddings below, and two sweet puddings further on.

#### *SAUSAGE SAVOURY PUDDING,*

winner of the first prize, was sent by

MRS. W. J. HUGHES,

33 Southsea Road, Woodhouse, Sheffield.

To make it you will need  $\frac{1}{2}$  lb. plain flour, 3 oz. suet, 1 teaspoon baking powder,  $\frac{1}{2}$  saltspoon salt to make the suet pastry, with cold water to mix. Roll out paste on floured board, dip  $\frac{1}{2}$  lb. sausages in cold water, and skin. Spread out on paste, cover with cold mashed potato or grated raw potato, a few slices of cooking apple or dried apple rings, previously soaked, and a sliced onion, leek, or a few chives, a little salt and pepper, and a sprinkling of mixed herbs. Fold over like a Cornish pastie, wrap in floured cloth, fastening ends firmly, but allowing a fold for the pudding to rise, and boil two hours. Serve with brown gravy and a green vegetable.

Next comes the second prize winner,

#### *FISH PUDDING*, sent by

MISS M. WATSON, 21 Hanover Street, Batley, Yorks.

It is made in the following way. Take  $\frac{1}{2}$  lb. any kind

of white fish, 2 oz. shredded suet or margarine, 2 or 3 oz. breadcrumbs,  $\frac{1}{2}$  teaspoon finely chopped parsley,  $\frac{1}{2}$  gill milk or stock made from fishbones, 1 egg or equivalent in egg substitute, salt and pepper to taste, and a few drops of anchovy essence.

Free the fish from skin and bones, pound well with suet, or rub through a sieve with either suet or margarine. Add breadcrumbs, parsley, salt and pepper, and mix well. Beat egg slightly, add milk or fish stock, and stir in the mixture. Finally add anchovy essence. Have ready a well-greased plain mould or basin, put in mixture and steam gently for  $1\frac{1}{2}$  hours. Serve with plain white sauce or a little melted butter. Sufficient for two or three people.

*Here is a group of substantial savoury puddings which should help to solve the problem of the meat ration now, and provide appetizing meals when the war is over and foodstuffs once again more varied and plentiful.*

Six puddings including onions or leeks head this list. In every instance chives can be substituted for either of these.

#### *SCOTCH LEEK PUDDING*

is easy to make and can be served with meat or with gravy and vegetables only. Take 1L cups self-raising flour, 2 oz. chopped suet, 1 leek, salt and pepper to taste.

Mix salt and flour, rub in suet, add leek previously chopped and seasoned and sufficient milk or milk and water to make a fairly firm dough. Form into a ball with the floured hands, wrap in floured cloth, tying it at the top, with a fold or two to allow the pudding to

rise, and boil for two hours. Serve with brown gravy, or it can be served with meat.

### *BAKED LEEK PUDDING*

is equally good. Take 6 oz. self-raising flour, 4 oz. suet,  $\frac{1}{2}$  teaspoon salt, 2 leeks cut in very thin slices, and enough milk to mix. Spread rather thinly in a well-greased baking tin and cook in moderate oven until golden brown. Serve with roast meat and gravy. It goes particularly well also with minced meat.

### *This SAVOURY PUDDING*

is sufficient for four persons and offers scope for variety. You will need 3 level tablespoons cornflour,  $\frac{1}{2}$  pint stock,  $\frac{1}{2}$  pint milk, 3 tablespoons grated cheese or chopped cooked meat, ham or bacon,  $\frac{1}{2}$  oz. dripping, 1 dessertspoon each chopped parsley and onion. Salt and pepper to taste.

Blend cornflour with a little of the cold milk, bring remainder of milk, together with the stock, to boiling point. Pour on to the blended cornflour, mix thoroughly, return to saucepan to cook for a few minutes, stirring all the time in order to prevent it from catching. Then add onion, chopped meat or bacon, seasoning and dripping, stir gently for 10 minutes, keeping it simmering all the time. Pour into a hot dish, brown a moment under the grill or in the oven, garnish with chopped parsley, and serve with fried potatoes.

### *This ONION AND CHEESE PUDDING*

is delicious and easily made. Take 4 medium sized onions, 1 thick round of white bread, milk, 4 oz. cheese, and pepper and salt to taste.

Boil onions, chop up finely, and when cooled a little place in a lightly greased piedish, add the bread-crumbs and grated cheese, and mix with milk to the consistency of cream. Season with salt and pepper, and cook in the oven until golden brown or else colour under the grill. Sprinkle with grated cheese before serving, very hot.

### *BAKED SAVOURY PUDDING*

is good and satisfying and enough for two or three people. It is intended to be served with baked liver, or the liver can be minced and mixed into the pudding. Take 2 tablespoons each of flour and oatmeal, 1 tablespoon dripping, 1 large or two small onions, finely sliced, 1 good teaspoon powdered sage, pepper and salt to taste, and 1 egg or equivalent in egg substitute.

Mix dry ingredients together, add the dripping cut in small flakes, the sliced onions and minced liver, or any other finely minced scraps of meat you may have, break in the egg and enough milk to make a batter, beat well, then pour into a greased piedish or tin and bake for 50 minutes, when the pudding should be risen and nicely browned.

### *USEFUL PUDDING*

is true to its name and enough for four or five people. To make it take 1 lb. cooked mashed potato,  $\frac{1}{2}$  lb. cooked fish, finely flaked and freed of skin and bones,  $\frac{1}{2}$  lb. cooked mashed carrots, and the same amount of cooked, roughly chopped carrots, 1 small tin cooked peas or  $\frac{1}{2}$  lb. of same if fresh,  $\frac{1}{2}$  cooked beet.

Mix potatoes, fish, chopped beet and mashed carrots, and stir in half the quantity of peas. Grease a basin.

scatter remainder of peas and chopped carrots over, press in mixture, and steam gently for 1 hour. Turn out before serving. This is good hot with a green vegetable, or cold with salad.

### *PEGGY PUDDING*

is sufficient for the same number of people and equally satisfying. You will need 1 lb. onions, 2 oz. suet, 6 good tablespoons self-raising flour, 4 good tablespoons breadcrumbs, 1 egg or its equivalent in egg substitute, 1 tablespoon powdered sage, 1 cupful milk, pepper and salt to taste, and a pinch of nutmeg.

Boil onions until tender, then chop small. Sift flour and salt into bowl and mix to a stiff batter with the egg or egg substitute and milk. Stir in the sage, suet, breadcrumbs and seasonings. Lastly add onions and pour into a greased baking tin and bake in a moderate oven for 1 hour.

### *SAVOURY FISH PUDDING*

is again sufficient for four people, or even five if plenty of vegetables be served with it.

Take 1 lb. cod or any white fish, 4 oz. breadcrumbs, 3 oz. chopped suet, 1 dessertspoon chopped parsley, 1 gill milk, 3 oz. mashed potato, and salt and pepper to taste.

Chop fish, removing skin and bones. Mix with breadcrumbs, potato, suet and parsley, then add seasoning, and lastly beat in the milk. Place mixture in greased baking tin, or cake tin, cover with greased paper and steam for 1 hour, taking care that the moisture does not get into the pudding. Turn out on hot dish and serve with anchovy sauce.

***FAMILY PUDDING***

is also substantial, and can be served with fish, meat, or vegetables and a good gravy.

To make it, take 6 oz. self-raising flour, 2 oz. bread-crumbs, 2 oz. suet or dripping,  $\frac{1}{2}$  teaspoon each thyme and sage, 1 dessertspoon chopped onion, or a little onion powder, and salt and pepper to taste.

Mix to soft dough with milk, which should be about  $\frac{1}{2}$  pint, stir well, pour into lightly greased basin and steam for  $1\frac{1}{2}$  hours. See that the basin is covered so that the moisture does not get into the pudding.

***TASTY MEATLESS PUDDING***

is particularly good for dinner on meatless days. Take 8 oz. self-raising flour, 2 oz. suet, 1 teaspoon salt, 1 large raw potato, any root vegetables such as turnip, parsnips, onions, carrots, or artichokes, and a little meat extract to flavour.

Mix flour, suet, salt and the potato finely grated to a stiff paste with a little cold water. Roll out on floured board into a long strip and spread very thinly with the meat extract. Cover with the root vegetables very finely chopped or grated. Season with salt and pepper, roll up carefully, wrap in greased paper and then in a cloth, fastening the ends firmly, but allowing a fold for the pudding to rise and steam for 2 hours. Serve with baked potatoes and plenty of green vegetable.

***This SAVOURY MINCED MEAT PUDDING***

is good when only a little meat is available.

Mix together 8 oz. self-raising flour, 1 lb. grated raw carrot, 2 oz. finely chopped meat, which can be fresh, 1 tablespoon powdered sage, 2 oz. cooking fat or suet finely chopped and pepper and salt to taste. Form to

a stiff dough with a little milk and water and cook in a greased basin, steaming it for 2 hours with the basin covered with a cloth. Serve with green vegetable and gravy.

### *ROLY PUDDING*

again requires only a little meat and is most satisfying. Take  $\frac{1}{2}$  lb. finely minced raw steak, 8 oz. suet pastry weighed after mixing. This will require 6 oz. flour, 2 oz. suet and water to mix, a little meat extract, pepper and salt to taste.

Roll out pastry to an oblong strip, dissolve meat extract in a very little water, mix with meat and spread on pastry. Roll up, tie in cloth, and boil for 2 hours.

### *HIGHLAND PUDDING*

is particularly good. You will need  $\frac{1}{2}$  lb. bread crusts, 3 oz. suet, 2 tablespoons oatmeal, 2 teaspoons each finely chopped parsley and egg substitute, 1 teaspoon mixed herbs and  $\frac{1}{2}$  teaspoon meat extract,  $\frac{1}{2}$  pint milk, 1 oz. chopped raw onion, salt, pepper and, if you have it, a little nutmeg.

Soak bread in cold water for 1 hour, press away all water, and beat up well. Add suet, oatmeal, parsley, herbs, onion, egg powder and nutmeg. Mix meat extract with the milk and stir in to the other ingredients. Beat thoroughly for 5 minutes, then pour into shallow baking tin containing a little boiling hot fat. Bake 40 minutes.

### *MOTHER'S PUDDING*

helps out the meat ration and is enough for three or four people. Take 4 oz. self-raising flour, 2 oz. suet, dripping or margarine, 1 good teaspoon mixed herbs, and a pinch of salt. Mix salt and flour together, rub in fat, then add herbs, and mix all together. Beat in

enough milk and water to make a firm dough, steam in a covered basin for 2 hours, and when done cut in slices and spread with a little of the brown sediment from the pan in which the meat has been cooked, or else with dripping if you have it.

### *SAUSAGE SURPRISE PUDDING*

is a pleasant dish for hungry folk. You will need  $\frac{1}{2}$  lb. sausage meat,  $1\frac{1}{2}$  lb. potatoes weighed after cooking, a teacup milk and 1 tablespoon butter or dripping,  $\frac{1}{2}$  teaspoon salt, and enough flour (about 3 oz.) to bind the whole to a stiff paste that is easily handled. Put this paste, when thoroughly blended together, on a floured board, roll out into a long strip and put another tablespoon or two of sausage meat upon it, spread with a little made mustard, salt and pepper to taste. Roll up, tie in a floured cloth and boil 2 hours. Serve hot with green vegetable or carrots.

### *SUBSTANTIAL MEAT PUDDING*

is equally good and satisfying. Take  $\frac{1}{2}$  lb. self-raising flour,  $\frac{1}{2}$  lb. topside beef, 1 large onion or leek, or 7 or 8 chives, 4 oz. raw potato, 1 teacup breadcrumbs, 1 large carrot, salt and pepper to taste.

Mince beef and carrot very finely and blend together, add breadcrumbs and the onion, leek or chives, peeled and finely chopped, then the grated potato and seasoning to taste, use only half the grated potato. Mix the remainder with the flour and salt and enough water to make a soft dough. Roll this out and thinly line a greased basin with two-thirds of it. Put in the meat mixture and fill up with a little stock or water mixed with  $\frac{1}{2}$  teaspoon meat extract. Use the rest of the pastry as a lid for the pudding, cover with greased paper or a floured cloth, and steam for 8 hours.

*The next group of puddings includes five using liver, sausage, or minced meat.*

### **This LIVER AND LENTIL PUDDING**

is particularly good. Take  $\frac{1}{2}$  lb. liver, 1 breakfast cup lentils, weighed after cooking, 1 breakfast cup bread-crumbs soaked in milk, 2 oz. flour, a little chopped onion, salt, pepper, stock and chopped parsley. Wash liver and simmer till tender, but not cooked too much, then chop it finely. Mix with onion and flour. Squeeze bread fairly dry and beat with the lentils until thoroughly blended. Add all other ingredients, seasoning and parsley, together with enough stock to make a stiff paste. Put into greased basin and steam 2 hours. Turn out on hot dish before serving and hand with gravy and green vegetable or carrot.

### **WARTIME BACON PUDDING**

makes a little bacon go a long way, and the ingredients include 6 oz. flour, 2 oz. shredded suet or dripping, 1 rasher bacon, 1 raw carrot, 1 onion, leek, or a few chives, 1 dessertspoon chopped parsley, salt and pepper, and milk and water to mix.

Finely mince bacon, including fat, carrot and onion, and mix with flour, suet, seasoning and parsley. Mix to a light dough with the milk and water, put into a lightly greased basin, tie down, and steam 2 hours.

### **DIAMOND MINE PUDDING**

is, like its namesake, full of treasures! To make it, line a pudding basin rather thinly with suet pastry, and then put in layers of each of the following and in the order given.

Chopped fat bacon, chopped fresh apple or soaked apple rings, finely grated potato, chopped onion, minced kidney or liver, and a few slices of tomato if possible. If not, use tomato purée or sauce. Repeat the layers till the basin is nearly full, then pour in a very little stock, cover with suet pastry, tie down with cloth or greased greaseproof paper, and steam for 3 hours at least. Serve with thick gravy and turnips, carrots or artichokes.

### *HOT ROLL*

is really for rather special occasions. To make it you will need 1 lb. sausage meat,  $\frac{1}{2}$  lb. American bacon,  $\frac{1}{2}$  lb. liver, herbs to taste, pepper and salt.

Cut bacon and liver into small pieces, but do not exactly mince. Add these to the sausage meat with a level dessertspoon of minced herbs, including parsley, a little thyme, and if liked a pinch of sage. Work into a roll, and no liquid is required for this, you will find. Place in greaseproof paper or a cloth and steam 3 hours. This is also very good cold, served with salad. If hot, serve with fried or baked potatoes and green vegetables.

### *SAVOURY ROLL*

needs 1 lb. flour, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, 4 oz. shredded suet and 4 oz. grated potato. Mix together with sufficient milk to make a very stiff paste. Roll out on floured board and spread with sliced raw onions, leek, or chives, and small pieces of bacon, sausage, and scraps of meat. Sprinkle with a little sage, salt and pepper, roll up, tie in pudding cloth and steam or boil for  $2\frac{1}{2}$  hours. Can be baked if preferred.

*This small group of four puddings calls for tomatoes, and will therefore have to be reserved for more special occasions.*

### **TOMATO PUDDING**

needs 1 lb. ripe sound tomatoes, 3 oz. fine bread-crumbs, 1 small onion or leek, but this is optional, 1 dessertspoon vinegar, salt and pepper.

Immerse tomatoes in boiling water, lift out, remove skins, slice them and heat with the sliced onion (if this is used) in a little fat until they become soft and pulpy. Be careful not to fry them. Mix most of the breadcrumbs into this pulp, add salt, pepper and vinegar, and put mixture into a greased piedish. Sprinkle remainder of breadcrumbs on top, and on these a few flakes of margarine and a dash of cayenne pepper. Bake in a moderate oven for 45 minutes and brown off under the grill. Bottled tomatoes or tomato purée can be substituted for the fresh ones, in which case it is better to simmer the tomato mixture in a saucepan with the fat, and not in a frying pan or the oven.

### **STEAMED TOMATO PUDDING**

is intended for those who have bottled tomatoes to spare. Take  $\frac{1}{2}$  lb. mashed potatoes,  $\frac{1}{2}$  lb. bread-crumbs, 2 small onions or shallots or a few chives, 3 oz. dripping, 2 cupfuls tomato purée,  $\frac{1}{2}$  cupful milk,  $\frac{1}{2}$  teaspoon each thyme and parsley, and salt and pepper to taste.

See that the potatoes are dry and floury, and mash them lightly but thoroughly. Place all dry ingredients

in a bowl and mix well together; add finely minced onion, add 1 beaten egg or equivalent in egg substitute, tomato pulp and milk, and lastly the melted dripping. Mix well again and turn into large greased basin, cover tightly and steam for 2 hours.

### To make *TOMATO CREAM PUDDING*

take 4 large fresh juicy tomatoes, skin and beat to a pulp with a little milk, and if possible 1 egg. Grease a piedish and line with plenty of fine white breadcrumbs. Fill up with alternate layers of tomato and breadcrumbs, sprinkling each layer with a little pepper and salt. Leave plenty of crumbs for the top layer, sprinkle with grated cheese or flakes of margarine or dripping, and bake 45 minutes in moderate oven, when it should be golden brown. Again, bottled tomatoes can be used.

### *SAVOURY STUFFED TOMATO PANCAKE PUDDING*

is a most popular dish. To make the batter you will need 4 oz. self-raising flour, 1 egg,  $\frac{1}{2}$  pint milk, pinch salt. Put flour and salt in a basin, add milk gradually, beating all the time, and lastly break in the egg and beat at least 5 minutes. Put aside. Meanwhile scoop out centres of 4 fresh tomatoes and mix this pulp with some brown breadcrumbs, a sprinkling of herbs to season, and salt and pepper. Fill tomatoes with this mixture. Place in batter and bake 45 minutes in hot oven. This is sufficient for a supper for 4 people, and fresh tomatoes are essential.

*Cheese can be used, and most economically, to make a variety of puddings, and yet leave some over for eating with wholemeal bread at other meals. This varied group of cheese puddings will, I think, provide one or more to suit every taste.*

#### **SCOTCH CHEESE PUDDING**

is easy to make and light to eat. Take 6 oz. bread-crumbs, 4 oz. grated cheese, 2 oz. margarine, 1 well-beaten egg,  $\frac{1}{2}$  pint milk, 1 teaspoon made mustard, and salt and pepper to taste. Warm margarine and milk together, mix crumbs and grated cheese together, and pour over it the milk mixture. Add seasoning and well-beaten egg, pour into small greased piedish and bake in moderate oven for 35 minutes. More breadcrumbs, up to 12 oz., and a little more milk may be added if a larger pudding is desired and yet you do not want to exceed the cheese and margarine ration.

#### **CHEESE AND APPLE TART**

is unusual and delicious. Make a short pastry with 4 oz. self-raising flour, 2 oz. fine oatmeal, 2 tablespoons dripping or cooking fat, a pinch of salt and cold water to mix. Sift dry ingredients together, rub in fat lightly and quickly with the finger tips and mix with the water, keeping the pastry rather dry. Line a shallow cake tin or sandwich tin with the pastry and put aside. Stew 1 lb. apples weighed before preparing or  $\frac{1}{2}$  lb. apple rings weighed after soaking 12 hours, beat until quite soft. Grate 2 oz. cheese and fill the pastry case with layers of apple and cheese and a sprinkling of cayenne pepper and salt. Finish with a layer of cheese and brown breadcrumbs. Bake in a hot oven for 20 minutes, when the tart will be golden brown. Serve hot. Cooked marrow or artichokes can be substituted for the apple.

**This *SAVOURY CHEESE PIE*  
is a clever little recipe.**

Place in a small piedish a layer of cold cooked marrow, a layer of skinned sliced tomatoes or tomato purée, some grated cheese, salt and pepper to taste, and finish with a layer of cold cooked marrow over which a tablespoon of grated cheese and another of breadcrumbs should be sprinkled. Bake in a moderate oven for 45 minutes, and serve hot with brown bread and butter.

***BAKED CHEESE SAVOURY***

is equally clever and good to eat. You will need 2 oz. margarine,  $\frac{1}{2}$  pint milk, 6 oz. breadcrumbs, 2 oz. grated cheese, 1 saltspoon dry mustard, 1 saltspoon salt and 1 egg.

Melt margarine in milk. Mix together the breadcrumbs, cheese, mustard and salt, pour the milk mixture over and add beaten yolk of egg only. Whip the white to a stiff froth and fold it in, but do not beat. Quickly pour the mixture into a greased piedish and bake 15 to 20 minutes. Serve at once.

***BAKED CHEESE CREAM PIE***

is another good and not very usual dish. Take 4 oz. cheese, 1 teacup milk, 1 good dessertspoon flour, pepper, salt, a pinch of bicarbonate of soda and 1 egg or 2 teaspoons dried egg.

Put grated cheese in pan and mix with flour, add milk, pepper, salt and bicarbonate of soda. Stir and bring to the boil, and when quite smooth, pour into piedish, adding well-beaten egg or the dried egg mixed with a little milk. Place in a slow oven until brown and well risen, which will take about 30 minutes. This is enough for three people.

*SAVOURY CHEESE RICE*

I found to be excellent, and it is quite good for children as well as grown-ups. Take  $\frac{1}{2}$  breakfast cup rice, measured before cooking, 1 breakfast cup water, 1 breakfast cup milk, 1 breakfast cup grated cheese, 1 $\frac{1}{2}$  oz. margarine, salt and pepper, and  $\frac{1}{2}$  teaspoon made mustard.

Cook rice slowly in the water until soft, adding a little more if the rice absorbs it all before being quite cooked. Add the milk and continue simmering, using of course a double saucepan or else a small saucepan inside a larger one, containing boiling water. When the rice is soft and creamy, add grated cheese, keeping a little back, the margarine and seasoning, and pour into a greased piedish. Sprinkle remainder of cheese on top and place in the oven for 15 minutes with the heat quite low.

This pudding can be made and left and then browned before serving. It makes enough for 3 or 4 people.

This *CHEESE CHARLOTTE* is good.

You will need 1 lb. apples weighed after preparing, or  $\frac{1}{2}$  lb. apple rings weighed after soaking 12 hours, 7 oz. breadcrumbs, 1 $\frac{1}{2}$  oz. sugar, 4 oz. grated cheese, 2 oz. margarine, and 3 or 4 tablespoons milk. Salt and pepper to taste, using celery salt if possible.

Grease a baking dish and dust with breadcrumbs. Put in a layer of thinly sliced apple, sprinkle with salt and sugar and sprinkle cheese over. Cover thinly with crumbs and small pats of margarine. Repeat layers until the dish is full, add the milk, cover finally with crumbs and flaked margarine, and bake in a moderate oven for 30 minutes. Turn on to a hot dish to serve, and sprinkle with grated cheese and chopped parsley.

*BREAD AND CHEESE PUDDING*

makes a nice supper dish. You make it this way. Grease with a little margarine a rather shallow pudding dish. Cut up two thin slices of bread and butter into strips or squares and put in the dish. Grate 4 oz. of cheese on top. Beat up an egg with a pinch of salt and add gradually a bare pint of milk. Pour this over the bread and cheese in the dish. Leave 3 or 4 hours, and then cook in a very slow oven for an hour, taking care that the custard does not boil. Serve with fried potatoes, fried bread or toast.

*CHEESE AND CARROT SAVOURY*

makes a good main dish. Make pastry with  $\frac{1}{2}$  lb. flour, 1 oz. margarine,  $\frac{1}{2}$  teaspoon each salt and baking powder. Rub margarine into flour, add salt and baking powder, and mix together with a little water as for scones. Roll out thin and a rather oblong shape, as if making a roly-poly pudding. Now spread on this pastry  $\frac{1}{2}$  lb. grated cheese, 6 oz. grated raw carrot and  $\frac{1}{2}$  teaspoon of nutmeg, with a dusting of salt and pepper. Roll up, closing both ends. Place in greased baking pan or piedish and bake 30 minutes in a fairly hot oven, a little longer if necessary.

*SURPRISE CHEESE PUDDING*

is a West Country recipe. Take  $\frac{1}{2}$  oz. custard powder, 1 pint milk, 3 oz. grated cheese, 1 teaspoon chopped onion, 1 teaspoon dry mustard, and 1 tablespoon tomato sauce.

Mix mustard and custard powder well together with a little of the milk, until it forms a smooth paste. Boil remainder of milk, with salt, pepper and onion, and add to the prepared paste. Return to the pan, adding

all the grated cheese except 1 tablespoonful, and stir till the cheese has melted. Well grease a piedish and sprinkle in a little rice until the dish is coated with the grains. Now pour the prepared cheese cream into the dish and bake in the slowest possible oven for 2½ hours, giving the pudding a thorough stirring after it has been in the oven for 35 minutes. The tablespoon of cheese reserved, is mixed with the tomato sauce and spread over the pudding 15 minutes before it is to be served. A few breadcrumbs may be included in this mixture if liked.

### *CHEESE AND BACON TART*

is an appetizing and substantial dish. Take 1 large breakfast cup of breadcrumbs and the same quantity of grated cheese, with 2 breakfast cups of minced meat or fish, ½ pint milk, 1 egg. Stir all well together and then add the well-beaten egg, pour into a well-greased piedish and bake in a quick oven for 35 minutes. Particularly good if served with baked or fried tomatoes.

### *CHEESE LUNCHEON PIE*

is another delicious dish which originates in North Wales. Line a flat round tin, such as a shallow cake tin or sandwich tin, with short pastry or potato pastry, and on this put a layer of bacon cut into very thin strips. On top of this, put a layer of cheese, cut in very thin flat pieces, and finally a layer of onions or leeks, cut in equally fine rings. Chives or shallots will do as well. Sprinkle with salt and pepper and a tiniest pinch of thyme. Top with made mustard, mixed with vinegar instead of milk, and cover with a thin layer of pastry. Bake in a quick oven for 30 minutes. Serve with fried potatoes and carrots or a green vegetable.

*Now for some rather unusual savoury puddings, beginning with one I discovered in Surrey many years ago and called Soup Pudding, if I remember rightly.*

Make a suet crust and line a well-greased pudding basin with it. Into this place any kind of cooked vegetables you may have, but see that they are cut small. Over this pour a tin of oxtail soup, put on a top crust of suet pastry, tie up and steam for  $2\frac{1}{2}$  hours. Any kind of soup can be used, but preferably one that is thick and contains meat.

### *ONION RICE*

is good and appetizing, and is made as follows. Put 1 tablespoon rice in a dish, measured of course before cooking, add a pinch of salt and  $1\frac{1}{2}$  oz. shredded suet, together with a small chopped onion or one or two shallots. Add at least 1 pint milk and cook very slowly for about 3 hours. If the rice absorbs the milk too quickly, as some kinds of rice are inclined to do, add a little more milk. Serve with gravy and fried or chipped potatoes.

### *BACON PUDDING*

needs no suet, and American bacon should be used. Mix  $\frac{1}{2}$  lb. self-raising flour,  $\frac{1}{2}$  lb. very finely chopped fat bacon, a pinch of sage and 1 small minced onion with pepper and salt to taste, to a soft dough with a little milk. Put in a greased basin and steam slowly for 3 hours, having first covered the basin closely. Turn out and serve with tomato sauce or warm tomato purée. Apple sauce is also good, or both can be used together.

*SPINACH PUDDING*

will make this vegetable popular with the children. Take 1 lb. spinach, 6 oz. breadcrumbs,  $\frac{1}{2}$  lb. mashed potatoes, weighed after being mashed, 1 teacup milk, 1 egg,  $1\frac{1}{2}$  oz. margarine, salt and pepper to taste, fried croutons of bread.

Boil spinach till tender. Rub through sieve. Soak crumbs in milk for 15 minutes. Mix well with the spinach. Add potatoes, margarine and yolk of egg. Whip white very stiffly and fold in last of all with the seasoning. Steam in a closely covered greased basin for 2 hours. Serve with the fried croutons of bread arranged around the pudding.

*SURPRISE CARROT PUDDING*

will, I am sure, become very popular in many homes. To make it take  $\frac{1}{2}$  lb. carrots,  $\frac{1}{2}$  lb. potatoes, 1 onion,  $\frac{1}{2}$  lb. sausages, 1 dessertspoon chopped parsley, 1 egg, salt, pepper and grated nutmeg.

Grease a pudding basin rather thickly and decorate the bottom with very thin slices of raw carrot. Dust with brown crumbs. Finely mince the remainder of the vegetables, all of which are of course raw, and mix with the sausage meat. Beat the egg and add to it the seasonings and bind the sausage and vegetable mixture with it. Put into the basin and steam at least  $2\frac{1}{2}$  hours. Enough for three or four people.

*HAGGIS PUDDING*

is not quite like the real thing, but will please Scot and Sassenach alike. It is also economical. Take  $\frac{1}{2}$  lb. liver, 3 oz. suet, 1 teacup medium oatmeal, 2 shallots or one onion, and pepper and salt to taste.

Simmer the liver in a little water until partly cooked, and keep back the liquid. Put the oatmeal, pepper and salt into a mixing bowl, chop the liver finely together with the suet and onion, and add to the oatmeal. Mix to a very stiff paste with the liquor from the liver. Put into a greased basin and steam for at least 3 hours, having first covered the basin closely with a cloth or greased paper.

### *OATMEAL PUDDING*

will be especially welcome to those who really enjoy oatmeal. You will need 8 oz. medium oatmeal, 3 oz. suet, 1 onion, pepper and salt to taste, and rather less than  $\frac{1}{2}$  pint milk.

Chop onions and add to the finely chopped suet and the oatmeal, together with the seasoning. Mix well together with the milk. Put into a greased pudding tomatoes, or artichokes.

### *VEGETABLE ROLY-POLY*

will supply the answer to a meatless day. Take 2 carrots, 1 small parsnip, 1 large turnip or small swede. 1 onion, 3 or 4 medium potatoes, 1 dessertspoon mixed herbs, salt and pepper to taste, 1 dessertspoon Worcester sauce, and if possible a little chutney.

Make a suet paste by rubbing 3 oz. shredded suet into basin, cover with greased paper and steam for 3½ hours. Serve with brown gravy and onions if possible, 10 oz. flour and adding 2 oz. grated raw potato with 1 teaspoon baking powder and a pinch of salt. Mix with a little cold water, and see the pastry is very stiff. Roll out on a floured board. Meanwhile, having washed and peeled all the vegetables, grate them

finely, season with salt, pepper and herbs, and put into a saucepan with just sufficient boiling water to cover them, and no more. Cook for 30 minutes. Drain quite dry in colander, keeping liquid for gravy. Spread this vegetable mixture on the suet pastry, flavour with the sauce and chutney, roll up, tie in a greased paper and then in a cloth and steam 2 hours. Serve with gravy made from vegetable water, thickened and browned.

### *POTATO AND BACON PUDDING*

is very tasty. You will need 8 oz. self-raising flour, 1 large raw potato, 3 rashers American bacon and 1 dessertspoon chopped parsley.

Grate potato and mix with flour, together with a little salt and pepper, and enough water to make a stiff dough. Grease a medium sized pudding basin and put in a quarter of the dough. On this lay 1 rasher of the bacon cut in thin strips. Roll out half the remainder of the dough and lay on top. On this place the other two rashers, also cut finely, and sprinkle with the parsley. Make a lid with the remainder of dough, cover with greased paper and then with a cloth, and steam 2 hours. Enough for 4 or 5 people.

*The humble—or rather not now so humble—potato plays a great part in wartime cooking. Here are some pudding recipes in which it does play the major part.*

### *POTATO PATTIES*

are quickly and cheaply made and very delicious. Grate 3 raw peeled potatoes and drain 10 minutes in

a colander. To every teacup add half a teacup flour and  $\frac{1}{2}$  teaspoon salt. Mix together and add enough milk to make a stiff batter. Fry about a tablespoon at a time, just like pancakes, and serve as soon as possible. These can be eaten with syrup or jam or with meat or fish.

### *BAKED POTATO PUDDING*

is good with beef, in place of the more usual Yorkshire pudding.

Take 2 lb. raw minced potatoes, 2 tablespoons shredded suet, 3 tablespoons plain flour, and salt to taste. Mix well, using a knife, grease a piedish or a cake tin will do, put the mixture in and bake until brown. About 10 minutes before serving, pour over a little dripping from the joint, or else dot with a few flakes of dripping.

### *POTATO PUDDING*

is also good and substantial. It needs 1 lb. grated raw potatoes, 1 breakfast cup self-raising flour,  $\frac{1}{2}$  breakfast cup breadcrumbs, 2 oz. cooking fat, pepper and salt to taste.

Grease a baking dish and sprinkle with breadcrumbs. Soften the fat until almost melted and beat well into the grated potato, pepper and salt, adding flour a little at a time and remainder of crumbs. Pour quickly into the greased baking dish and cook in hot oven for at least half an hour, when the oven should be lowered for at least another 15 minutes, making 45 minutes in all. The more quickly this pudding is made, the better it is.

***BROWN POTATO MOULD***

is a very special dish, and delicious. To make it you need  $\frac{1}{2}$  lb. kidney or liver, 3 tablespoons chopped onion, leek, shallot or chives, 2 breakfast cups each fine breadcrumbs and boiled split peas, 2 oz. dripping or bacon fat, 1 pint unsweetened custard made with powder, 1 teaspoon salt and a little cayenne pepper.

Cut kidney or liver quite small but do not mince, and mix thoroughly with other ingredients. Press into a well-greased basin which has been sprinkled with some of the breadcrumbs. Cover and bake in a moderate oven for  $1\frac{1}{2}$  hours. Then remove cover and bake for at least another half hour, when the top will be nicely browned. Turn out and serve with rice, or potatoes, and gravy flavoured with tomato sauce.

*Now for some sweet puddings, over 100 of them and each one different. First, the Friar's Omelette, sent by Mrs. E. Carter, 25 Countess Street, Walsall, Staffordshire, which won third prize in the "Radio Times" Pudding Competition and is extremely good.*

To make it you will need 1 lb. cooking apples, 6 oz. white breadcrumbs, 1 oz. butter or margarine, 2 tablespoons golden syrup, 1 egg, a little sugar.

Peel and core the apples and put into saucepan with a very little water, simmer until quite soft, and then beat to a sauce. When cool add the golden syrup and well-beaten egg. Now butter a piedish and scatter breadcrumbs over bottom and sides, pressing them a little so that they cling thickly. Pour in the beaten apple mixture and put a few flakes of margarine on top. Bake for 1 hour in a moderate oven, then turn out and sift with sugar, caster if possible.

*This Christmas Pudding recipe was so good that its sender, Mrs. Houchin, Fisher's Farm, Dennington, Near Woodbridge, Suffolk, received a special prize in the shape of signed copies of one each of their books from M. André Simon, President of the Wine and Food Society, and Ambrose Heath. Mrs. Houchin tells me that this pudding keeps well; but I must add that, in my experience, a pudding of this type keeps well only if stored in ideal conditions. This, on account of the carrot and potato which it contains, neither being good "keepers."*

To make this pudding take  $\frac{1}{2}$  lb. each of flour, suet, raisins, sultanas, currants, 2 oz. peel, a little nutmeg and salt, and  $\frac{1}{2}$  lb. each mashed potatoes and grated raw carrot.

Mix dry ingredients well first and then the potatoes and carrots. Mix very thoroughly and steam or boil for 6 hours in a closely covered, well-greased basin.

*Sweet boiled puddings form an essentially British sweet course. Here are some typical examples, beginning with*

#### **SWEET MYSTERY PUDDING.**

You will need 1 tablespoon each sugar, jam, dripping, 1 breakfast cup self-raising flour,  $\frac{1}{2}$  teaspoon bicarbonate soda and warm water to mix.

Rub fat into flour, add sugar and jam, dissolve bicarbonate of soda in a small half breakfast cup warm water, and mix well together. Put in a greased basin, cover closely and steam for 2 hours. Serve with custard poured over.

*The next, WARTIME PUDDING,*

calls for 1 teacup each grated raw potato, grated raw carrot, sifted flour, any kind of dried fruit, chopped small if necessary, pinch of salt, 1 teaspoon each bicarbonate soda and mixed spice, and 1 tablespoon golden syrup or treacle.

Mix together the carrot, potatoes, flour, salt, bicarbonate soda and spice, and stir in the dried fruit. Dissolve syrup in half a cup of warm water and mix with other ingredients, adding a little more water if necessary, to make a fairly thick batter which will just drop off the spoon. Pour into a greased basin, cover well and steam for four hours.

*FRUIT CAKE PUDDING*

is made like this. Take 1 breakfast cup stale bread-crumbs which have been soaked and squeezed very dry,  $\frac{1}{2}$  breakfast cup self-raising flour, a small  $\frac{1}{2}$  teacup sugar, 1 teacup grated carrot, and 1 breakfast cup currants and raisins mixed,  $\frac{1}{2}$  teaspoon each of cinnamon, ground ginger, nutmeg, and bicarbonate soda and salt. Two tablespoons syrup, 3 oz. suet or fat, gill milk.

Put bread into mixing bowl and crumble up small, add flour, blend well and then add all dry ingredients together with suet. Mix well with the hands and then add syrup and milk, allowing a little more of the latter if necessary. Put into one large or two small well-greased basins, cover with greased paper and then with a cloth, and steam for 3 hours if small puddings are made and  $4\frac{1}{2}$  for the large pudding.

*CARROT PUDDING SUPREME.*

Take  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. grated raw carrot,  $\frac{1}{2}$  lb.

mashed potato,  $\frac{1}{2}$  lb. flour and  $\frac{1}{2}$  lb. suet, together with 2 oz. breadcrumbs.

Mix ingredients and press down into a greased basin. No moisture is needed, but steam for at least 4 hours. The longer the pudding is steamed the richer it will be.

### *FRUITY CARROT PUDDING*

is another surprisingly rich confection, and most acceptable on a cold day. To make it take  $\frac{2}{3}$  breakfast cup plain flour and  $\frac{1}{2}$  breakfast cupful each sugar, shredded suet, raisins, currants, grated raw potato and carrot, tablespoon mixed peel if possible, and  $\frac{1}{2}$  teaspoon each ground cloves, grated nutmeg, ground cinnamon and salt, and 1 small level teaspoon bicarbonate soda, a little lemon juice if possible.

Prepare fruit. Sift and mix flour, spices, sugar and salt. Add suet, carrot, potato, fruit, mixed peel (if any), the lemon juice or a few drops lemon essence, and finally the soda dissolved in  $\frac{1}{2}$  breakfast cup warm water. Stir well and steam for  $3\frac{1}{2}$  hours in a greased well-covered basin.

Carrots also feature in this

### *STEAMED GOLDEN PUDDING.*

1 cupful grated carrot heads the list of ingredients, followed by 1 teacup each grated raw potato, suet, flour, stoned raisins and  $\frac{1}{2}$  teacup sugar, together with  $\frac{1}{2}$  teaspoon each bicarbonate soda and cinnamon.

Mix thoroughly together and place in a greased basin. Steam for 4 hours, making sure that the basin is well covered, with a fold across the top of the cloth to allow for rising. Again, as you will see, no added liquid is necessary.

*SECOND BEST CHRISTMAS PUDDING*

is a somewhat similar recipe, but contains apple and is rather differently mixed. It is much liked by children and better for them than the real thing. It calls for 1 teacup flour and 1 teacup each breadcrumbs, grated suet, apple, mixed dried fruit, and milk, and 1 oz. sugar, pinch of salt, 1 teaspoon bicarbonate soda.

Sieve flour into a bowl and mix in all the other ingredients, taking care that the apple is very finely grated. Warm the milk to just above blood heat, mix with the bicarbonate soda, stir into the mixture and pour quickly into a greased pudding basin, cover with greased paper only and steam four hours.

*SPICED CARROT PUDDING*

might also be used for a wartime Christmas pudding. To make it you will need 8 oz. flour, 4 oz. suet or cooking fat, 6 oz. grated raw carrot, 1 tablespoon golden syrup, 2 oz. chopped dates or sugar, 1 teaspoon mixed spice, 1 teaspoon bicarbonate soda, 1 small cup cold water, pinch of salt.

Sieve together all dry ingredients, add suet, carrot and treacle, mix, cover with greased paper and a cloth, and steam at once for 3 hours.

*FAIRY SPONGE PUDDING*

is delicious and tastes like a far more expensive pudding containing many eggs. It needs 2 oz. each self-raising flour, wholemeal flour, and shredded suet, 1 tablespoon golden syrup, 1 teaspoon ground ginger,  $\frac{1}{2}$  teaspoon bicarbonate soda, jam.

Cover bottom of a greased pudding dish with jam. Mix flour, suet and ground ginger together, add syrup

and work to a soft dough with a little milk, which has been warmed and in which the bicarbonate of soda has been dissolved. Spread over the jam and bake in a hot oven for 25 minutes. Serve with custard.

You will enjoy *BILLY-CAN PUDDING*, which is made like this. Take 1 breakfast cup flour, 1 teacup dried fruit of any kind, cut small if necessary,  $\frac{1}{2}$  teacup sugar, 1 teacup boiling water,  $\frac{1}{2}$  teaspoon each mixed spice and bicarbonate soda, 1 oz. margarine.

Dissolve margarine in boiling water, add soda, and pour quickly on to other ingredients which have been well mixed together, stir quickly, pour at once into a well-greased basin, cover and steam  $2\frac{1}{2}$  hours.

#### *ECONOMICAL PUDDING*

lives up to its name and calls for 8 oz. self-raising flour, 4 oz. suet or dripping, milk or water, and salt. Rub fat into flour, mix with milk or milk and water, pour into a basin, cover, and steam for 2 hours. Serve with treacle, jam or custard.

#### *DRY GINGER PUDDING*

is a very old recipe, but none the less good for that. To make it take  $\frac{1}{2}$  lb. self-raising flour,  $\frac{1}{2}$  lb. each grated suet and sugar, and 2 heaped teaspoons ground ginger.

Mix suet, flour, sugar and ginger together and put as it is, without any added moisture, into a very thickly greased basin, filling it up to the top. Tie with a cloth only and boil for  $2\frac{1}{2}$  hours. Turn out and serve with warm golden syrup, to which a pinch of ginger has been added.

*RISE-UP PUDDING*

is delicious. It needs 2 teacups flour, and 1 teacup mixed currants and sultanas, with  $\frac{1}{2}$  teacup sugar, 2 heaped teaspoons baking powder.

Mix all together rather stiffly with a little milk, having first sifted the flour and baking powder together. Add a pinch of nutmeg last of all, together with a pinch of salt, and half fill a well-greased, very large basin, as this pudding rises to almost twice its size. Cover with paper and a cloth and steam or boil for  $2\frac{1}{2}$  hours. Serve as soon as it is turned out of the basin.

*BREAD FRUIT PUDDING*

is not in the least like the accepted idea of a bread pudding as so many people know it.

First you will need 2 thick slices of white bread, which should be placed in a basin and just covered with hot water. The other ingredients include 1 tablespoon sugar, 3 tablespoons shredded suet,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon treacle,  $\frac{1}{2}$  teacup raisins or sultanas, or chopped dates if these are not available.

Allow the bread to soak for 5 minutes, then strain fairly dry and beat to a cream with a fork. Add all other ingredients, mix very well together, adding a little milk if more moisture is necessary. Grease a pudding dish, sprinkle lightly with flour, pour in mixture and bake for 1 hour in a moderate oven.

*HALF-PAY PUDDING*

is light and digestible and therefore particularly good for supper. It calls for 4 tablespoons flour, 3 tablespoons breadcrumbs, 3 tablespoons chopped suet, 3 tablespoons raisins or currants, 2 tablespoons sultanas, 1 tablespoon treacle and 1 gill milk.

Thoroughly mix all dry ingredients, stir in the milk and finally the treacle. Turn into a well-buttered pudding basin, cover with paper only, and steam for 3 hours at least.

### *WARTIME GINGER PUDDING*

is quickly made and good to eat. Rub 3 oz. suet into 5 oz. flour, add 3 oz. breadcrumbs, 1 oz. sugar, 1 heaped teaspoon ginger, 1 level teaspoon bicarbonate soda, a pinch of salt, and then warm 2 tablespoons treacle in half a cup of milk. Add and stir well and steam  $2\frac{1}{2}$  hours in a covered well-greased basin.

### *GINGER BREAD PUDDING*

has a pleasantly nutty flavour. The ingredients are 6 tablespoons breadcrumbs, 3 tablespoons wholemeal flour, 3 tablespoons grated suet or finely chopped dripping, 1 teaspoon each ginger and bicarbonate soda, the first to be heaped and the second level, with  $\frac{1}{2}$  teacup treacle in  $\frac{1}{2}$  teacup warmed milk, these being warmed together.

Sift together all dry ingredients, add suet or rub in dripping, according to which is used, then stir in the milk and treacle mixture, with the bicarbonate soda added last of all. Stir very thoroughly and pour into a greased basin, cover with greaseproof paper and steam  $2\frac{1}{2}$  hours.

### *POTATO GINGER PUDDING*

is rather unusual and very good. It calls for 1 breakfast cup each flour, well mashed hot potato and suet, with  $\frac{1}{2}$  breakfast cup warmed syrup, 1 heaped teaspoon ground ginger,  $\frac{1}{2}$  teaspoon each bicarbonate soda and nutmeg, a pinch salt, a few sultanas or chopped dates.

Mix all dry ingredients together, including the fruit, stir well, and then mix with the warmed syrup and a little milk. Steam  $2\frac{1}{2}$  hours in a greased covered basin.

### *WARWORKERS' PUDDING*

calls first for the following dry ingredients. One teacup each breadcrumbs and flour, 3 oz. grated suet, 1 oz. sugar,  $\frac{1}{2}$  teaspoon each salt, mixed spice and grated nutmeg, 1 heaped teaspoon egg powder,  $\frac{1}{2}$  teaspoon baking powder, 1 oz. minced raisins or sultanas, 1 small grated carrot, and 1 medium grated cooking apple. Mix all together very thoroughly and bind with a dessertspoon of honey and a very little warmed milk. Steam  $2\frac{1}{2}$  hours in a covered greased basin and serve with hot custard.

### *QUARTER-POUND PUDDING*

almost explains itself. The ingredients include  $\frac{1}{4}$  lb. each flour, grated suet, golden syrup, boiled potatoes and breadcrumbs, together with 1 teaspoon baking powder.

Mix flour, breadcrumbs, baking powder all together, rub in the potatoes, then add the suet and stir well. Lastly, mix thoroughly with the golden syrup which should be warmed.

Steam  $3\frac{1}{2}$  hours in a greased basin and serve with warmed syrup or custard.

### *COLD WATER PUDDING*

is quickly made and rather unusual. The ingredients include 1 tumbler cold water, 1 teaspoon each bicarbonate soda and salt,  $\frac{1}{2}$  teacup sugar,  $\frac{1}{2}$  lb. self-raising

flour, 3 oz. margarine, 2 teaspoons ground ginger and 3 oz. any kind of dried fruit, which should be chopped if necessary.

Put water in mixing bowl and stir in bicarbonate of soda, salt, sugar, fruit and ginger, then add the melted margarine and stir briskly. Sift in the flour very gradually, beating all the time until a creamy batter results. Beat thoroughly for 10 minutes, then pour into well-greased pudding bowl, cover with grease-proof paper and steam for 2 hours.

### *ARIEL PUDDING*

needs no eggs, but in spite of this is as light as the name implies. It needs 3 oz. margarine, 3 oz. sugar, 2 breakfast cups self-raising flour,  $\frac{1}{2}$  breakfast cup custard powder, a little milk to mix, and a few drops of flavouring together with a few currants or sultanas. Cream margarine and sugar together, add flour gradually alternately with the milk until a soft batter results. Then add custard powder, flavouring essence and fruit. Beat well for 5 minutes, pour into a greased basin and steam 2 hours.

### *OLD-FASHIONED Currant DUFF*

is made like this. Take  $\frac{1}{2}$  lb. self-raising flour, 2 oz. lard or cooking fat, 4 oz. currants, pinch of salt, and enough milk to mix.

Rub lard lightly into the flour, add currants and salt and mix to a medium consistency with the milk. It should be stiff enough to handle. Boil in a floured cloth rather slowly for 1 hour, remove from cloth and serve at once, with a sprinkling of sugar.

*DONEGAL PUDDING*

is excellent, particularly for children. To make it take 6 oz. plain flour, 2 oz. suet or margarine, 2 oz. honey,  $\frac{1}{2}$  teaspoon bicarbonate soda,  $\frac{1}{2}$  pint warm milk, and a pinch of salt.

Sift flour and salt together, then suet, or rub in margarine if this is used. Add honey, and dissolve the soda in the warm milk. Mix well together, put into a buttered basin, and steam 2 hours. This pudding goes particularly well with any hot stewed fruit served as a sauce.

*SCOTCH BUN PUDDING*

makes a satisfying meal if served after soup on meatless days. Take  $\frac{1}{2}$  lb. each raisins, sultanas, suet and sugar, brown if possible, 3 oz. flour, 3 oz. bread-crumbs, 1 oz. grated carrot, and a little grated nutmeg, a pinch salt, and  $\frac{1}{2}$  teaspoon baking powder.

Put all dry ingredients into a basin and mix well, then moisten with a very little milk and put into a greased basin, tie tightly, using both greaseproof paper and a cloth, with a fold in the latter to allow for rising. Boil 6 or 7 hours if possible. This pudding can be made one day, boiled for 3 or 4 hours, and completed the next day in time to be served.

*SPICY FRUIT PUDDING*

is also good after soup, as it is most satisfying. You will need 6 oz. plain flour, 1 teaspoon each cream of tartar, cinnamon, mixed spice and  $\frac{1}{2}$  teaspoon each bicarbonate soda and ground ginger, 1 tablespoon any dried fruit, 2 oz. suet or cooking fat, 1 tablespoon honey,  $\frac{1}{2}$  pint milk, and 1 large cooking apple.

First of all place quartered and peeled apple in bottom of a good-sized pudding bowl, together with a sprinkling of sugar and 2 cloves. In another basin, beat fat and sugar to a cream and add dry ingredients a little at a time and alternately with the milk, adding dried fruit last of all. Pour this mixture on the apple, tie down, using a pudding cloth only, and steam 4 hours. Prunes, figs or raisins can be used in place of the apple, but whatever fruit is used do not forget the 2 cloves.

#### *SURPRISE RICE PUDDING*

is quite new to me, as I daresay it is to many others. To make it, prepare a pound of apples, cutting them into thin slices after peeling and coring. This is for a medium sized pudding. Sweeten, add a very little water and a  $\frac{1}{2}$  teaspoon mixed spice. Meanwhile, have ready some boiled rice, which should be well-drained and with each grain separate. Place this rice on top of the prepared apple so that it forms a crust. Tie down and steam for  $1\frac{1}{2}$  hours. Serve with custard or more stewed apple flavoured with spice. Two table-spoons of rice measured before cooking will be sufficient to make a crust for 1 lb. apples, and quantities should be increased in proportion. Golden syrup is delicious if served as a sauce.

#### *LAST NIGHT PUDDING*

is convenient for a busy day, since it has to be mixed the day before and need only be put on to cook before serving. You will need 8 oz. flour, 3 oz. each currants, sultanas and sugar, with a little candied peel if possible, a pinch of salt, 1 teaspoon bicarbonate soda and 1 teacup milk, together with 2 oz. margarine or cooking fat.

Rub fat into flour, then add fruit, sugar, soda and salt and mix all together. Then add milk and stir well and leave all night. In the morning tie basin over with greased paper and steam or boil for 2 hours.

### *SPONGE PUDDING*

lends itself to the addition of stewed fruit, jam sauce, honey, syrup, or a flavoured white sauce. To make it you will need 6 oz. self-raising flour, pinch salt,  $\frac{1}{2}$  teaspoon bicarbonate soda,  $1\frac{1}{2}$  oz. each cooking fat, sugar, jam or syrup, together with a little milk to mix. Sift flour, soda and salt into a bowl. Rub in fat, add sugar and mix in jam with enough milk to make a thick batter that will just drop off the spoon. Put at once into a greased pudding basin, cover with grease-proof paper only, and steam for 2 hours.

### *SODA SPONGE PUDDING*

comes originally from Australia. Its ingredients include 8 oz. flour, 4 oz. sugar, 3 oz. margarine, 1 teaspoon each bicarbonate soda, baking powder and mixed spice, 1 oz. each currants, sultanas and chopped prunes or figs, 1 egg, 1 tablespoon syrup, 1 breakfast cup boiling water, pinch of salt.

Sieve flour, soda, spice, baking powder and salt together, rub in margarine, add sugar and fruit, stir in the beaten egg and mix together the boiling water and syrup, which is then poured into the mixture. Stir thoroughly and pour into greased basin, cover with greaseproof paper, leave to stand for 2 or 3 hours, and then steam for  $3\frac{1}{2}$  hours.

### *SPICED TREACLE PUDDING*

will be much in request. To make it you need 4 oz. suet, 4 oz. self-raising flour, 1 oz. each currants and

sultanas, small teacup milk, 2 oz. treacle,  $\frac{1}{2}$  teaspoon spice, and pinch salt.

Mix all dry ingredients together very thoroughly. Make a well in the centre and pour in milk and treacle, mix very well, working from the outer edge of the basin towards the middle. Put into greased basin, cover with greaseproof paper and steam 2 hours.

### *CAKE PUDDING*

is an excellent recipe for using up pieces of stale sponge and plain cake. It needs 4 oz. fine cake crumbs, 2 oz. breadcrumbs, 1 oz. sugar, 2 medium sized apples, 1 teaspoon baking powder, 2 oz. suet, pinch spice.

Peel and slice the apples very thinly and put into a bowl with the rest of the ingredients, mix well together and add enough milk to make a rather stiff batter. Put into a well-greased basin, cover with greased paper only, and steam 2 hours.

### *PRUNE SPONGE PUDDING*

is very good. To make it, chop 4 oz. suet very finely, or use cooking fat, mix with 4 oz. breadcrumbs, 4 oz. sugar, and 4 oz. chopped prunes. Add 1 small teacup syrup and 4 oz. flour. Blend together with a very little milk, and last of all add a good teaspoon baking powder, put into a greased basin, cover with grease-proof paper and a cloth, and steam for 3 hours.

### *UNIVERSITY PUDDING*

is appreciated by boys of all ages. The ingredients include  $\frac{1}{2}$  lb. each flour, breadcrumbs, suet, sugar and any kind of dried fruit, chopped small if necessary, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon bicarbonate soda, a pinch nutmeg and a pinch of salt. Milk to mix.

*CARDIFF PUDDING*

is very easy to make and extremely good. Mix together 4 oz. each self-raising flour, suet, treacle and hot mashed potato, blend well, put into a greased basin, cover with greaseproof paper and a cloth, and boil for 2½ hours.

*SAGO PLUM PUDDING*

was invented during the last war, and is good and economical. The ingredients include 1½ breakfast cups white crumbs, 1 teacup raisins, sultanas, currants or chopped dates, ½ teacup sugar and 1 teacup fine sago, 2 oz. suet, ½ teaspoon each ground ginger, nutmeg, spice and carbonate of soda, together with enough milk to make the mixture thick and creamy but not too firm.

Mix all ingredients together except the bicarbonate of soda and the milk, which should be warmed together and poured into the pudding mixture, which is then stirred well. Pour into a rather thickly greased pudding basin, tie down and steam for 3½ hours.

*1915 CHOCOLATE PUDDING*

is also, as the name implies, a recipe of the last war. To make it, take 8 oz. mashed hot potatoes, 2 oz. ground rice, 2 teaspoons cocoa, 2 oz. suet or margarine, 1 tablespoon golden syrup, 1 egg, 1 teaspoon baking powder, 2 tablespoons milk.

Blend potatoes and ground rice with the cocoa, the melted fat, well beaten egg, syrup and milk, and beat thoroughly. Add baking powder last of all, beat again, put into a greased basin and steam 1½ hours. This mixture can also be baked, which takes about 50 minutes in a moderate oven.

### *STEAMED CREAM SPONGE PUDDING*

is particularly attractive. Its ingredients include 1 breakfast cup self-raising flour, 1 breakfast cup breadcrumbs, 3 oz. suet or lard, 1 good teaspoon bicarbonate soda, 2 teaspoons ground ginger, 2 dessert-spoons golden syrup, about  $\frac{1}{2}$  cup of milk.

Rub fat into flour, add breadcrumbs and ginger, stir in the syrup, dissolve soda in the milk, stir into other ingredients, mix thoroughly and put into well-greased basin. Tie down with cloth only and steam for 2½ hours. Serve with warmed syrup or honey, to which a pinch of spice or cinnamon has been added, 1 or 2 cloves warmed with it.

### *TOFFEE PUDDING*

is considered by many to be the best in this large collection of puddings. Fortunately, tastes differ!

To make this pudding, line a basin with fairly thick suet crust, and in the centre put a mixture of margarine, sugar, and any kind of dried fruit, chopped small if necessary, with a few breadcrumbs to fill up. But, be as generous as you can with the butter or margarine and sugar. Put on a lid of suet pastry, cover with greaseproof paper and a cloth, and steam or boil for 2 to 3 hours, according to the size of the pudding. This pudding is served from the basin, and the liquid in the centre forms a kind of sauce.

### *ROSE SPONGE PUDDING*

is good and quite unusual. To make it, take 6 oz. self-raising flour, sift with 2 teaspoons baking powder and then rub in 2 oz. margarine together with 1½ oz. sugar. Now add 4 oz. finely grated raw beetroot and bind to a soft dough with a little milk which has been

coloured with a few drops of cochineal. Put into a greased pudding basin, cover with greased paper only and steam 2½ hours. Serve with custard sauce or with stewed apple coloured to match, with a drop or two of cochineal.

*Sago is unpopular with many people, but if used as directed in the puddings described in this group of recipes it is quite unlike the starchy substance more generally known as sago, and helps to produce puddings almost as light as air, as do ground rice and tapioca, used in some of these recipes.*

#### *SAGO CHRISTMAS PUDDING*

heads the list and is most economical. It needs 4 tablespoons sago, 1 teacup each breadcrumbs, milk, any kind of dried fruit, but particularly sultanas, ½ cup sugar, 1 good teaspoon bicarbonate soda, 2 oz. suet or margarine, and a little salt.

Soak tapioca in milk all night in a fairly large basin. Next day, add breadcrumbs, fruit, sugar, margarine or suet and the soda melted in a little milk. Beat well together, pour into a greased basin, cover with grease-proof paper and steam for 3 hours. Serve with custard or jam sauce.

#### *LEMON PUFF PUDDING*

depends upon ground rice for its lightness. The ingredients include 4 oz. each flour, ground rice, suet, sugar, sultanas, 1 breakfast cup milk, 1 teaspoon bicarbonate soda and a few drops lemon essence.

Mix all dry ingredients together, except soda. Boil the milk and, just as it boils, stir soda well into it and pour at once into the other ingredients. Mix very

quickly, put at once into a well-greased pudding basin and steam  $3\frac{1}{2}$  hours.

### *RAISIN SAGO PUDDING*

needs 1 breakfastcup each breadcrumbs and stoned raisins or chopped dates, 2 oz. each sugar, sago, margarine,  $\frac{1}{2}$  pint milk and  $\frac{1}{2}$  teaspoon carbonate soda.

Soak sago in boiling milk and leave overnight. In the morning, mix all other ingredients into this, stir thoroughly, put into a well-greased basin, cover with greaseproof paper and steam for at least 3 hours.

### *WHITE PUDDING*

again depends upon ground rice for its lightness. Take 8 oz. breadcrumbs, 4 oz. each ground rice and grated suet, 1 teaspoon baking powder, small teacup milk and water, pinch salt, a few drops lemon or orange essence.

Mix all dry ingredients together, add milk or milk and water and lemon or orange essence to make a stiff batter. Pour this into a well-greased pudding basin and steam  $1\frac{1}{2}$  hours.

A little marmalade or stewed apple strained of juice may be placed at the bottom of the basin if liked; otherwise, serve this or jam as a sauce.

### *SPICED SAGO FRUIT PUDDING*

is good, and calls for 2 oz. fine sago, 1 breakfast cup milk, 1 breakfast cup each breadcrumbs and dried fruit, preferably currants or raisins,  $\frac{1}{2}$  teacup sugar,  $\frac{1}{2}$  teaspoon each carbonate soda and mixed spice, and 1 oz. margarine.

Soak sago in milk overnight, rub margarine into breadcrumbs, mix with sago, fruit and all other ingredients, stir well, put into a greased basin, cover with greaseproof paper, and steam 3 hours.

Stewed or dried fruit can be used in place of the jam in this

#### *DOUGHNUT PUDDING.*

The ingredients include 3 tablespoons each plain flour and ground rice, 2 oz. margarine or cooking fat, 1 oz. sugar, 2 teaspoons baking powder, and a little milk and jam.

Blend all dry ingredients together and rub fat in with fingertips until the mixture is like fine breadcrumbs, then add sufficient milk to make it fairly stiff. Put half into a greased basin, then a layer of jam, and then the rest of the mixture. Cover with greased paper only, and steam  $1\frac{1}{2}$  hours. If placed in water, which must of course be boiling, be sure that the water comes only half-way up the basin.

#### *RICE CREAM PUDDING*

is particularly good for invalids as it is so light. To make it you will need 1 teacup ground rice, 1 teacup self-raising flour, 2 oz. suet, 2 oz. sugar, pinch salt, and 1 egg beaten up with a few teaspoons milk.

Sift flour and ground rice together, stir in suet and salt with the sugar, and then beat in the egg mixed with the milk. Beat 10 minutes, pour into a greased basin, cover with greaseproof paper, and steam for  $2\frac{1}{2}$  hours.

#### *SAGO MINCEMEAT PUDDING*

is a useful standby. It takes 4 tablespoons fine sago, which must be soaked all night in  $\frac{1}{2}$  pint milk. In the

morning mix this with 1 breakfast cup each currants, sultanas, finely chopped apples and breadcrumbs, together with 1 oz. melted margarine, 2 tablespoons sugar,  $\frac{1}{2}$  teaspoon each mixed spice and nutmeg, and blended with  $\frac{1}{2}$  teaspoon bicarbonate soda dissolved in a very little warm milk, and added the last of all. Pour quickly into buttered pudding basin, cover with greaseproof paper and steam  $3\frac{1}{2}$  hours.

#### To make *COLD WEATHER PUDDING*

take 3 oz. each flour, sugar, ground rice, sultanas and 1 oz. margarine, 2 teacups milk, 1 teaspoon bicarbonate soda, 1 or 2 teaspoons ginger may be added if liked.

Mix all dry ingredients together, melt margarine in the milk and mix well with the dry ingredients. Beat thoroughly and put into a large pudding basin which has been well greased, cover with greased greaseproof paper only, and steam 3 hours. The ginger can be increased or decreased according to taste.

#### *EDINBURGH PUDDING*

is a popular confection which requires  $\frac{1}{2}$  lb. each flour, suet, ground rice, sultanas, 2 oz. sugar, 1 good teaspoon bicarbonate soda, pinch salt and 1 small teacup milk and water.

Mix together flour, rice, fruit, sugar, salt and suet, dissolve the soda in the milk just as it comes to boiling point, mix all together very quickly, put into a greased basin, cover with greased paper only, and steam  $2\frac{1}{4}$  hours. Serve with sauce made by melting together 1 tablespoon honey, 2 tablespoons milk and a shaving of margarine.

**SCOTLAND PUDDING**

is equally good to make, and you will need 4 tablespoons fine sago, soaked overnight in  $\frac{1}{2}$  pint warmed milk, adding next day 1 teacup breadcrumbs, 1 teacup stoned chopped raisins,  $\frac{1}{2}$  teacup sugar, brown if possible, 2 tablespoons melted margarine, and 1 teaspoon carbonate soda, dissolved in a little warm water. Mix together very thoroughly, put at once into a greased basin, cover and steam for 3 hours. It is also very good cold.

**AUSTRALIAN PUDDING**

again calls for sago, and again this is soaked in a breakfast cup of milk overnight. Only 1 tablespoon of sago is necessary, however, and the other ingredients include the breakfast cup milk, 1 breakfast cup breadcrumbs, 2 tablespoons sugar, 1 tablespoon melted margarine, 1 teaspoon bicarbonate soda, and a few sultanas.

Blend all ingredients quickly into the sago and milk, put into a greased basin and steam for 3 hours, but do not cover the basin.

*Layer puddings are always popular, since they have an air of mystery. Here is a small group of such recipes, beginning with*

**SUET LAYER PUDDING.**

To make this pudding, make a suet crust by mixing 3 oz. shredded suet with 10 oz. self-raising flour,  $\frac{1}{2}$  teaspoon salt, and a little cold water to mix.

Grease a pudding basin and put a tablespoon jam at the bottom. Roll out a small round of the pastry and put it over the jam. Continue with layers of jam and

pastry, finishing with a layer of pastry, until the basin is full. Cover with greased paper only and steam 3 hours. This kind of pudding can be made in an ordinary stone jam jar with a wide neck and turned out like a roly-poly.

### *SUNSHINE LAYER PUDDING*

is particularly good in cold weather. The ingredients include  $\frac{1}{2}$  lb. self-raising flour, 3 oz. lard or cooking fat, pinch salt, 3 dessertspoons golden syrup,  $\frac{1}{2}$  lb. apples, 2 oz. each sugar and sultanas or currants,  $\frac{1}{2}$  teacup breadcrumbs, and a few drops lemon essence. Peel, core and chop the apples and mix with the syrup, lemon essence, sugar, sultanas and breadcrumbs. Mix very thoroughly.

Make pastry with the flour and lard by rubbing the fat into the flour and mixing with a little cold water to a moderately stiff dough. Arrange the pastry and filling in layers in a greased basin with a top layer of pastry. Cover with a floured cloth and steam 2 hours.

### *APPLE BLUSH PUDDING*

is particularly useful if you have a little blackberry jam or jelly to spare. To make it, you will need 2 tablespoons blackberry jam or jelly, 1 lb. cooking apples,  $\frac{1}{2}$  lb. breadcrumbs, and 3 oz. suet.

Mix crumbs with suet and peel, core and slice the apples. Grease a piedish and put in half the crumb-and-suet mixture. Add half the apples, then the jam or jelly, with the remainder of apples on top. Sprinkle remaining suet and crumbs over, press down and bake in a moderate oven for 1 hour. Raspberry jam or indeed any red jam would do as well as the blackberry.

**FRUIT LAYER PUDDING**

is good and inexpensive, and apples, rhubarb, dates, figs, blackberries, or indeed any garden fruit can be used.

Make pastry with 8 oz. self-raising flour, 2 oz. suet or dripping, and a little cold water to mix, the dripping being rubbed in with the fingertips and the suet mixed in with a knife. Line a pudding basin with the pastry, put fruit at the bottom and then a round of paste, and so on until the basin is full, finishing with a fairly thick covering of *breadcrumbs* mixed with a little suet or chopped dripping. Cover with greaseproof paper only and steam 2 hours.

*Very light puddings are all acceptable, but sometimes expensive and difficult to make. The recipes given in this group are neither expensive nor difficult, and all are particularly good.*

**CREAM PUDDING**

does not belie its name. To make it cream 2 oz. margarine with 3 oz. sugar, beat in 2 egg yolks alternately with 2 tablespoons only plain flour and a drop or two of vanilla flavouring. Boil 1 pint milk, add gradually to the mixture, stirring all the time, return to the pan and cook gently a few minutes and stirring all the time until it thickens. Pour into a piedish. Whip the whites of egg with a little sugar to a very stiff froth, put on top of pudding, sprinkle a pinch or two of sugar on top and cook in moderate oven for 45 minutes, taking care that the mixture does not boil or burn.

**LIGHT RICE PUDDING**

calls for 1 teacup rice, measured before cooking, 1 tea-

cup fresh milk, 2 teacups water,  $\frac{1}{2}$  teacup unsweetened condensed milk, 2 tablespoons sugar, 2 tablespoons chopped dates, raisins or figs, 1 added teaspoon white sugar, and a pinch cinnamon.

Put rice into double saucepan with fresh milk, water and teaspoon white sugar, with a pinch of soda. Steam until the rice is tender and the fluid absorbed. Allow to cool a little.

Whip the unsweetened condensed milk in a basin to a stiff froth, then beat in the rice, adding finely chopped fruit and 2 oz. sugar, which should be brown if possible. Put into a wetted mould and serve cold some hours after. It should turn out like a blancmange.

### *ROSE CREAM*

is lovely. To make it beat 1 tablespoon raspberry jam with 2 tablespoons redcurrant or blackberry jelly and the white of 1 egg. It will take about 25 minutes to beat this mixture to a stiff froth.

Put into glasses (either 2 or 3) and top with the following cream, made like this. Blend 1 good dessertspoon cornflour with a little milk taken from 1 teacup milk, boil the remainder, and when it boils pour gently on to the blended cornflour. Stir well and return to the saucepan to cook a few minutes, stirring all the time. Allow to cool. Now beat 1 oz. butter or margarine with 1 teaspoon sugar and add the cornflour mixture a little at a time, beating steadily all the while. Add a very little flavouring essence if liked. Place in refrigerator or cool spot and then serve.

### *DUNDEE PUDDING*

is a very light variety of steamed pudding. To make it you will need 2 oz. each flour and ground rice and

raisins, with 1 oz. each margarine and sugar,  $\frac{1}{2}$  teaspoon bicarbonate soda, and a good  $\frac{1}{2}$  teacup milk.

Sift flour, rice and sugar together, rub in margarine, add sugar, mix baking soda in the milk, which should be slightly warmed and beat into the dry ingredients. This should form a thin batter which pours easily into a greased basin. If it is too thick add a little more warmed milk. Cover with buttered paper and steam 2 hours.

#### *AMETHYST SHAPE*

is as good to look at as it is to eat. The ingredients include  $\frac{1}{2}$  lb. stoned damsons, plums or cherries, but preferably damsons, 2 oz. fine sago, 2 oz. sugar, and  $\frac{1}{2}$  pint boiling water.

Stir the sago in the boiling water until the latter is all absorbed. Add the stoned damsons, plums or cherries with the sugar. Put all in double saucepan and cook threequarters of an hour, stirring frequently. Pour into mould and turn out when cold. Add more water if mixture seems too stiff.

Blackcurrants, blackberries or raspberries can be used, but as these have pips they should be stewed and sieved before blending with the sago.

#### *CHOCOLATE CREAM PUDDING*

is quickly made and solves the problem of a sweet when guests arrive unexpectedly to dinner or supper. You will need 1 pint milk, 1 tablespoon each custard powder and cocoa, 2 to 3 oz. breadcrumbs or sponge cake or madeira cake crumbs, with a little sugar to taste.

Make custard and add cocoa ready mixed with a little of the milk, add the breadcrumbs or cake crumbs with

the sugar, stir well and pour into a piedish and bake for half an hour in a moderate oven. A very little chopped dried fruit can be added, and warmed honey served as a sauce. This is delicious if blended with a little cocoa powder.

### *LEMON CREAM JELLY*

is quickly made and cheap. You will need 2 table-spoons cornflour, 2 tablespoons sugar, and 2 good tea-spoons lemonade crystals.

Blend cornflour and the sugar with 4 tablespoons cold water. Add 1 pint boiling water, very gradually, stirring briskly all the time. Pour into a saucepan and boil for 5 or 6 minutes, stirring all the time. Remove from fire, stir in lemonade crystals until all are quite dissolved, then pour into wetted moulds, and allow to become quite cold before turning out. It is better left overnight. Small individual glasses could be filled with this jelly and topped with custard to make a good party sweet.

### *COFFEE PUDDING*

is good and unusual. To make it you will need 4 oz. plain flour, 2 oz. margarine, 1 large tablespoon golden syrup,  $\frac{1}{2}$  teaspoon bicarbonate soda, 1 tablespoon, or a little more, of coffee essence, 2 oz. sugar, 1 egg, and if possible a few almonds or walnuts.

Lightly grease a basin and press the almonds or walnuts against it. Put margarine, golden syrup, coffee essence and sugar in a saucepan and melt, but do not let them boil. When dissolved allow to cool. Whisk the egg and blend with the toffee mixture, whisking together for several minutes. Pour this into the centre of the flour in another basin, and beat well again.

Finally add bicarbonate soda, mix with a tablespoon milk. Put into a greased basin and steam for 2 hours.

#### *TEN MINUTE PUDDING*

is a very old recipe and requires 1 egg, 1½ oz. flour, 2 teaspoons baking powder and 1 oz. sugar.

Beat egg and sugar together, add sifted flour and baking powder last of all. Beat for a few minutes, pour into greased baking tin and cook in a quick oven for 5 minutes. Serve at once with jam, honey or golden syrup.

#### *APPLE BLANKET*

is good for special occasions, since apples are scarce. Stew as many apples as you can spare, mash with a fork, and pour into a piedish. Over them pour a cake mixture made in the following way. Cream 3 oz. each margarine and sugar together, add 1 egg, 4 oz. flour, and 1 teaspoon baking powder. Beat well for a few minutes, spread over the apples, and bake for half an hour in a moderate oven.

#### *SNOW CREAM PUDDING*

needs following ingredients. 1 oz. butter or margarine, 2 tablespoons plain flour, 2 tablespoons sugar, 1 pint new milk, 1 egg, flavouring to taste.

Cream butter and sugar, add well-beaten egg and the flour, and beat thoroughly. Boil the milk, pour on the mixture stirring all the time, and bake in a very slow oven until set. This pudding should be served cold.

#### *BROWN PUDDING*

is rich yet light. To make it you will need 4 oz. self-raising flour, 4 oz. wholemeal breadcrumbs, 2 oz. mar-

garine, 1 tablespoon coffee essence, 3 tablespoons sugar, and 1 teacup milk.

Rub margarine into flour and add breadcrumbs and sugar. Mix coffee essence with milk and blend with dry ingredients until a fairly soft batter is formed. Add more milk if necessary. Put into a greased basin, cover with greaseproof paper and steam 2 hours.

### *FEATHER PUDDING*

is as light as its namesake. The ingredients required are 1 tablespoon tapioca, soaked in 1 teacup cold water for half an hour and then beaten with a fork into  $\frac{1}{2}$  lb. self-raising flour. The mixture should be rather stiff. Tie in a floured cloth, put into fast boiling water, and boil for  $1\frac{1}{2}$  hours. Serve with jam sauce or custard.

### *SUNRISE PUDDING*

is equally light but a little more elaborate to produce. You will need 1 oz. custard powder, 5 oz. flour, 2 oz. sugar, 3 oz. margarine, 1 teaspoon baking powder, 1 tablespoon treacle, a little milk, and a pinch of salt.

Sift flour, custard powder, salt and baking powder together, rub in fat lightly, and add the sugar. Mix to a soft consistency with milk. Grease a pudding basin and put the treacle in the bottom. Cover this with the pudding mixture, top with greased paper, and steam  $1\frac{1}{2}$  hours.

### *STEAMED CHOCOLATE CREAM PUDDING*

calls for  $1\frac{1}{2}$  oz. cornflour, 2 oz. each margarine and sugar, 4 oz. self-raising flour, 1 heaped tablespoon cocoa, and milk to mix.

Cream margarine and sugar, sift flour, cornflour and cocoa, and beat into the margarine mixture with enough milk added gradually, to make a creamy batter. Put into greased basin, cover with greased paper and steam 1½ hours.

### *SAGO PUFF PUDDING*

is equally light and needs  $\frac{1}{2}$  cup each sago, sugar, and currants, with 1 teacup milk, 1 teacup breadcrumbs, 1 teaspoon bicarbonate soda, 1 oz. margarine, and pinch salt.

Wash sago and pour off as much water as possible, then pour on milk and leave for 3 hours. Beat in all dry ingredients very thoroughly, lastly adding the melted margarine. Put into a greased pudding basin, cover with greased paper and steam 2 hours.

### *DEVON FEATHER PUDDING*

is equally light and very easy to make. You will need 1 breakfast cup self-raising flour,  $\frac{1}{2}$  breakfast cup cornflour,  $\frac{1}{2}$  breakfast cup suet, a few currants, and  $\frac{1}{2}$  pint milk to mix, with 1 teaspoon baking powder.

Sieve dry ingredients together, then add finely chopped suet and currants. Mix to a rather stiff consistency with the milk, put a spoonful treacle at bottom of greased basin, pour mixture in, cover with greased paper, and steam 1½ hours.

### *EGGLESS SPONGE*

is another light and inexpensive pudding. The ingredients include 4 oz. self-raising flour, 2 oz. margarine, 2 tablespoons lemonade crystals, and water to mix.

Rub margarine into flour, add crystals and mix to a cream consistency. Put 1 dessertspoon golden syrup in a greased basin, pour in mixture, cover with greased paper and steam for 2 hours.

### *PUDDING FOR TWO*

is delicious, and again easily made. To make it put into a bowl 2 oz. each of ground rice, caster sugar or granulated sugar which has been ground with a pestle and mortar, 2 oz. flour, which has been sifted with 1 good teaspoon baking powder and a pinch salt. Beat an egg with  $\frac{1}{2}$  teacup milk, add 1 oz. melted margarine and stir into the dry ingredients. Beat to a thick smooth batter and pour into a greased basin which contains a tablespoon jam, rather spread out over the bottom of the basin. Cover with greased paper and steam for 1 hour.

### *CLOUD PUDDING*

is very cheap but delicious. To make it you will need 1 breakfast cup self-raising flour, 1 breakfast cup corn-flour, sifted with a heaped teaspoon baking powder and 1 breakfast cup suet.

Sift altogether and then mix to a stiff consistency with a little cold milk. Turn into a greased basin, cover with greased paper, and steam for  $2\frac{1}{2}$  hours.

### *FOUNDATION PUDDING*

can be served with sauce, jam, honey, treacle or stewed fruit, and is an excellent standby. To make it you will need 1 lb. flour, 2 tablespoons baking powder, 2 oz. margarine, 3 oz. sugar, and sour milk to mix.

Rub margarine into flour, add sugar and baking powder, and mix very thoroughly. Add enough sour milk

to make a very stiff batter, in fact so stiff that it will not pour. Put into a large greased basin which it should only half fill, as this pudding rises so much. Steam for  $2\frac{1}{2}$  hours.

*Finally, a group of unusual puddings that also keep to the economic standard of the present day.*

### APPLE CAKES

make an excellent sweet, and any that remain can be eaten cold for tea the next day. To make them you will need 4 oz. suet, 8 oz. flour, 2 dessertspoons treacle or syrup,  $\frac{1}{2}$  teaspoon powdered cinnamon,  $1\frac{1}{2}$  lbs. apples weighed before paring and coring and water. Rub together flour, suet and a pinch salt, and if suet is unavailable, use half margarine and half cooking fat. Mix with water to a smooth firm dough, roll out to about  $\frac{1}{2}$  inch thickness and spread sliced apples over, put small pieces of margarine on the apple, damp the edges and roll up as for a roly-poly. Cut in fairly thick slices and place in a deep baking dish. Spread the syrup over and then enough water to come about half way up each cake, sprinkle with cinnamon and bake in a moderate oven until nicely browned. This will take 45 to 50 minutes.

### GOLDEN ROLL

needs 8 oz. flour, 5 oz. boiled potatoes, 1 heaped teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, and golden syrup or treacle.

Sift flour, baking powder and salt together, mash boiled potatoes very finely and while still hot, rubbing them through a sieve if you have one. Stir into the flour and add enough cold milk to make a very stiff

paste. Roll out on a floured board, spread with syrup or treacle, roll up, tie rather loosely in a floured cloth and steam 2 hours.

### *WAR PUDDING*

is much nicer than the name implies. To make it put into a saucepan 1 pint milk, break into it some bread-crumbs made from 2 large slices of bread about  $\frac{1}{2}$  inch thick, 1 tablespoon semolina and 1 oz. margarine. Bring to boil and stir gently until mixture thickens and becomes of a creamy consistency. Remove from fire and beat in 1 tablespoon sugar and a little vanilla or any other flavouring you prefer. Put mixture into a greased piedish and bake in a slow oven for 35 minutes. Then spread over some jam, lemon curd or honey, return to the oven for 5 minutes and serve.

### *EMPIRE ROLL*

came originally from Wales. To make it you will need a suet crust made with 4 oz. suet, 10 oz. flour, and water to mix to a stiff paste. Roll out on board, spread with golden syrup or honey and roll up. Put into the oven in a piedish with about 1 pint of boiling milk in it, and in this place the roll and bake gently for  $1\frac{1}{2}$  hours at least, basting frequently.

### *SUET PANCAKES*

are good and quickly made, and can be eaten with jam or syrup or served with meat or bacon at breakfast. You will need 4 oz. self-raising flour, 2 oz. suet and  $\frac{1}{2}$  teacup milk. Rub suet into flour, seasoning with a little salt, and mix to a creamy consistency that is yet firm enough to handle. Roll out thinly, cut into rounds and fry at once.

### *TOFFEE TART*

has a great appeal for schoolboys. Make some pastry with 3 oz. self-raising flour, 3 oz. breadcrumbs, 2 oz. suet and a little water. Grease a pie-plate or tin, and line with pastry, rolled out rather thinly. Fill with previously cooked apples, either fresh or apple rings, cover with remainder of paste, sprinkle this with 1 tablespoon sugar, over which spread 2 tablespoons golden syrup. Dot over with some shavings of margarine and bake 20 minutes in a hot oven.

### *SURPRISE CREAM PUDDING*

is for special occasions. Line a mould with thin slices of Swiss Roll, make a rice soufflé with 2 tablespoons ground rice, 1 egg and about  $\frac{1}{2}$  pint milk, beaten together and simmered until it forms a thick cream. Pour this into centre of mould, cover with greaseproof paper and steam 1 $\frac{1}{2}$  hours. Serve with some red jam sauce.

### *FRUITY RICE RISSOLES*

are unusual and economical. Boil enough rice for the number expected, using half milk and half water, add a few currants or sultanas, or chopped prunes and 1 tablespoon sugar, stir well, turn out and leave to cool. Then take portions, about as much as a dessertspoon will hold when heaped, roll in flour, flatten a little, and fry in a very little fat.

### *TWO-PORTION PUDDING*

is described by its name. You will need 2 oz. each margarine, granulated sugar, flour, 2 eggs, and  $\frac{1}{2}$  pint milk.

Beat margarine and sugar together, gradually adding flour and then the beaten eggs and milk alternately. Put a layer of jam at bottom of piedish, pour mixture over and bake threequarters of an hour.

### *WARTIME PANCAKE*

will be much appreciated. To make it mix together 5 oz. self-raising flour, 2 teaspoons egg powder, together with a little milk, and beat to a thick batter. Put  $\frac{1}{2}$  oz. margarine in frying pan, and when hot pour batter in. When this is brown all over turn over with a fish slice and brown other side. Turn out on to a hot plate, spread with hot jam and roll up. Serve at once.

### *POTATO PANCAKES*

are adaptable, as these can be served as a sweet or with meat or bacon. You will need 8 oz. self-raising flour, 2 oz. suet and 1 raw large grated potato, with pinch of salt and milk to mix.

Mix all ingredients together with enough milk to make a stiff dough that can be handled. Roll out to  $\frac{1}{2}$  inch thickness, cut into rounds and fry in hot fat on both sides.

### *To make MARROW CREAM TART*

you will need any kind of pastry, which should be rolled out, and used for covering a baking plate or tin. On this place thin slices of par-boiled marrow with a few chopped dates or raisins, a spoonful or two golden syrup or treacle and a pinch or two sugar. Cover with pastry and bake in a moderate oven until nicely browned.

Another way of using marrow as a sweet is to make  
***MARROW FRUIT PIE.***

You will need 2 cups cooked marrow, 1 cup bread-crumbs, 1 heaped tablespoon sugar, 1 tablespoon currants or sultanas, 1 oz. margarine and 1 small tea-spoon mixed spice.

Make enough pastry for a large open tart. Cut marrow into cubes before boiling in a small quantity of un-salted water. Strain and put marrow into a mixing bowl, add bread-crumbs, and beat well, followed by spice, fruit and sugar. Meanwhile cook the pastry in a hot oven for 10 minutes or so, then take it out, spread the mixture thickly over with small pieces of margarine on top, covered with a sprinkling of sugar. Cook for 10 or 12 minutes and serve at once.

***APPLE GIRDLE CAKE***

is good. Peel and boil 4 large potatoes and mash very smoothly with 2 tablespoons milk and 1 oz. butter or margarine, adding sufficient flour to make a firm paste. Knead well with the hands, divide into equal parts, and roll out each one rather thinly.

Put a layer of sliced apple or apple rings, with a tea-spoon of spice, on 1 round, put other round on top, press down firmly and flour well. Cook on hot girdle or frying pan with a very little fat for 15 minutes. Turn and cook the other side. When cooked, split open, sprinkle with a little sugar, a few bits of margarine, cover again and serve at once.

***CREAM FLAP-JACK***

is a useful dish. To make it, whisk an egg until light and frothy, add a good  $\frac{1}{2}$  pint milk and 1 oz. melted

margarine. Stir in 8 oz. flour, sifted with a pinch salt and a little sugar with 2 good teaspoons baking powder, and when thick and creamy fry, a tablespoon at a time, on a hot lightly greased frying pan. Brown other side and then serve hot with syrup or jam.

### *APPLE CAKE*

is another useful sweet. To make it you will need 8 oz. each flour and very finely chopped apple, with 4 oz. each margarine and sugar, 2 teaspoons baking powder, 1 well-beaten egg and a pinch of salt.

Sieve flour, salt and baking powder, rub in margarine and minced apple, then beat in the egg and a little milk to make a fairly stiff dough. Spread in a shallow greased meat pan and bake till brown, which will take about 35 minutes in a good moderate oven.

### *BREAD PANCAKES*

will please the children. To make them you will need 1 breakfast cup very fine breadcrumbs mixed with 1 breakfast cup hot milk. Leave an hour, then beat to a paste, adding  $\frac{1}{2}$  teaspoon melted margarine, 1 beaten egg yolk and a teacup flour sifted with a good teaspoon baking powder, and then the beaten white of egg. Cook in spoonful on a lightly greased frying pan and serve hot.

### *GINGER PANCAKES*

are unusual and attractive. To make them you will need 4 oz. flour and 1 oz. each melted margarine, sugar, and custard powder with 1 heaped teaspoon ground ginger,  $\frac{1}{2}$  teaspoon bicarbonate soda and 1 breakfastcup milk. Mix flour, sugar, custard powder

and ginger altogether, add melted margarine and mix to a smooth batter with the milk. Fry on both sides in a very little fat, and serve with warmed honey or golden syrup to which a pinch of ginger has been added.

#### *OATMEAL PANCAKES*

are just as attractive. You will need 2 oz. each flour and medium oatmeal, 1 good teaspoon baking powder, a pinch salt, 1 egg and milk to mix.

Sift dry ingredients together, break in egg and beat to a batter with enough milk to make a thick cream. Allow to stand for half an hour, and then fry in a lightly greased frying pan, turning the pancakes as soon as the bottom is sufficiently browned and little holes appear on top.

#### *DUTCH APPLE PIE*

is easily made. You will have to line a well-greased batter pudding tin with a thin layer of suet pastry, made with 2 oz. suet and 6 oz. flour with a little water to mix. Peel and core enough apples to fill the tin, or use apple rings which have been soaked 12 hours. Cover with a very thin layer of suet pastry and spread a little golden syrup and a sprinkling of sugar on top. Bake in a moderate oven till the crust is brown and crisp.

#### *ORCHARD PUDDING*

is good when you have a few apples to spare. You will need 8 oz. self-raising flour, 1 oz. margarine, 1 egg,  $\frac{1}{2}$  teacup milk, 3 apples, 3 tablespoons honey, and cinnamon if liked.

Sift flour, rub in margarine, and mix to a soft dough with beaten egg and a little milk. Knead lightly and divide into four. Line a greased 4 or 5 inch cake tin with 1 portion, cover with grated apple, sprinkle with honey, cover with another portion, and so on until all the pastry and apples are used up. Sprinkle a little cinnamon over the last layer of apples, and see that the top layer is pastry. Cook in a moderate oven for threequarters of an hour and serve hot.

















